

If your image is too bright, it's over exposed. If it's too dark, it's under exposed.

So to ensure you've got the correct exposure - if we just take a shot - I can look at the back of the screen and it'll show me something called a histogram.

This is a graph with highlights, mid-tones and shadows. Try and make sure there's detail in all parts of the graph to make sure that your image is correctly exposed.

One reason for this is that when you look at the back of the screen, it might not give you a true indication of what the image is going to look like. It might be too dark, or too bright.

Because I've learnt this the hard way, I tend to bracket my images. What that means is that when I'm taking an image, I'll do two more shots, and I'll change my settings slightly.

So for example, I might over expose one of my images, and under expose one of my images. This means that when I come back to look at my images on the computer, I can pick which one I want.

When you're using a compact camera, the majority of them have an auto exposure setting. To control your auto exposure, you need to press your shutter halfway down to lock it.

So for example, if I'm taking a picture of Emma, and I don't want her to be a silhouette because she's standing in front of a window I can point it at the darkest part of my image, press the shutter half down, which will lock it, and then take a picture of Emma. Emma's perfectly exposed.

In the same way, if I actually did want Emma to be a silhouette, what I'd do is point it at the brightest part of my image, lock my auto exposure, and come back, re-frame the shot, and Emma's silhouetted.

It's a great way to treat your camera, to get the exposure that you want.