

PRO & CONS

HANDWRITING WITH PAD-PAPER & PEN

Pros:

handwriting can be more personal
it's inexpensive
it's portable
you can draw and doodle
images can be taped or glued on

Cons:

handwriting may be poor
handwriting shaky due to illness or age
spell check will need dictionary
it's slower than keyboard or typewriter

COMPUTER WRITING WITH KEYBOARD & SCREEN

Pros:

clean and finished as is
printable in one or many copies
spell check, word count, tag & search options
structured journaling programs available
password protected

Cons:

writing and reading may feel less personal
computer not portable
laptop computer or iPad are expensive

AUDIO RECORDING

Pros:

voice gives feeling of the speaker
iPhone and smartPhone is capable
audio-file can be edited
audio recorder is small size

recording can be done with little or no light
you can do it anywhere

Cons:

handling the technical aspects

editing unwanted content requires skill

60min audio files can be too large for social sharing

(60min of uncompressed audio .wav or .aif @ 16-bit is 600 MBs)

(60min of compressed mp3 audio @ 16-bit is 60 MBs)

(example: Spotify is streamed audio @ 16kbps 44.1kHz)

(CD audio is usually uncompressed @ 24kbps 44.1kHz)

to determine how much audio you can record on iPhone:

support.apple.com/guide/iphone/make-a-recording-iph4d2a39a3b/ios

VIDEO RECORDING

Pros:

image and voice gives feeling of the speaker

seeing moving image is appealing

smartPhone and iPhone is capable of recording and editing

smartPhone and iPhone requires minimal lighting considerations

Cons:

there are several factors to determine how much video you can record on iPhone depending on size, resolution and frame-rate)

www.lifewire.com/how-much-video-can-iphone-record-2000304

(60 min 720p HD @ 30 frame/sec @ h.264 = 3.5 GBs)

(60 min 1080p HD @ 30 frame/sec @ h.264 = 7.6 GBs)

(video in HEVC instead of h.264 can lower file size by 25%)

professional work requires technical skill for lighting

professional work requires technical skill for editing

professional work requires edit apps to be learned

large video data needs external hard drives