With my podcast I had to think about what type of podcast I wanted to make and with my research on all the podcasts I saw I decided to make a calm podcast where I discuss recent/current issues. While making the podcast I was limited by the recording system on bandlabs. This was an issue for me because it would stop recording at exactly 15 minutes and with this, I had to record on 2 different files. Another setback I had while recording my podcast is that when I set up the audio interface into my laptop during the podcast there were a few buggy moments where the microphones would just cut out randomly. The things that went well in the podcast was the editing afterwards. This was good because I already had a structure for what kind of music I wanted to have for my bed and stings, so it was extremely easy to put it all together to allow the podcast to sound more entertaining for the listeners.



I used this microphone set up to do my podcast, so I just inserted the microphones into the audio interface and plugged it straight to the laptop to start recording. Although the image shows a dynamic microphone, we used a microphone with different pickup patterns and with a built-in pop shield. To make sure that the voices are clean and smooth without any percussive elements and the proximity effect where if you are close, it does not make any noises that are louder when you are closer to the microphone. I would say that the strength of the podcast is the bed. This was a fantastic addition to the podcast because it kept everything interesting. When we were recording it, I thought it was a bit dull, so I added a bed. With the bed in the background, it makes the podcast that bit more entertaining to listen to. I managed to achieve what I wanted from 1.1 while I was recording. I had my sheet of how I wanted my podcast to go, and I tried my best to make sure that I got everything I wanted from the podcast.

My strengths from the podcast would be that I was able to stick closely to my podcast. With this I could keep the podcast interesting and had a direction that I wanted to take. This was a strength because being able to make my structure and stick to it make it, so the podcast was moving more fluently and did not have many errors throughout.

What I would say in areas I could have developed on is my use of music because sometimes in the podcast I would make a bed that would not really match what we were talking about and because of this I wish that I used beds that would accurately match what I was talking about in the podcast. This is a negative because when we change conversation and the bed that is playing in the background does not really make sense it can distract the listener by making them wonder what they should be feeling during the podcast.

Another negative that I have seen is that the microphone technique is not particularly good at some

points you could hear when I turn my head and I am not speaking directly into the microphone. This is bad for me because at some points you are not able to hear what I am saying, making it sound like the podcast is cutting out and that you are missing essential information in the podcast.

Other ways I could have made my podcast is by using an audience that could work in the podcast because I could have asked other people for their experiences with dieting and fitness. This works by having people relate to their story's and potentially help them with understanding why it is so important. Some other way I could have been able to improve my podcast is by making more in depth questions to help the listener understand what my point is for the podcast.