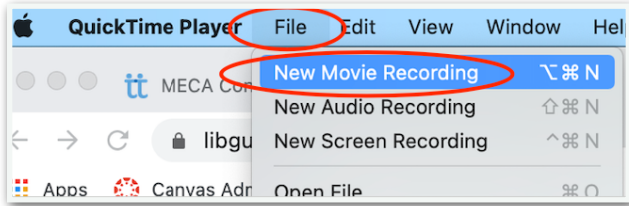


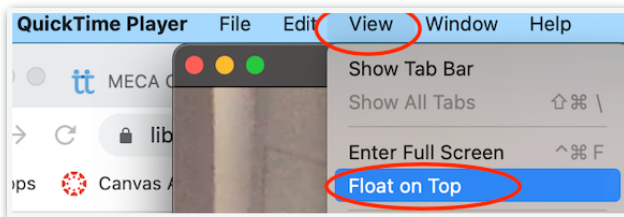
Recording Screen & Self with QuickTime

Click on the **F4 button** on the top row of your keyboard to open LaunchPad. Type QuickTime and click on the **QuickTime** icon.

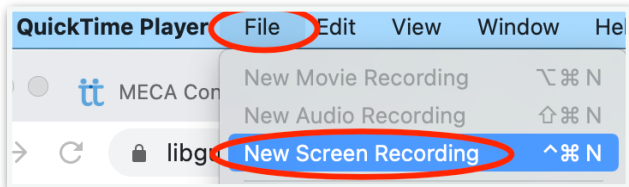
Click **File > New Movie Recording**.



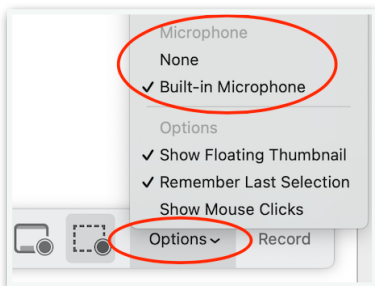
A window with your camera will appear. Click **View** in the upper menu and **Float on Top**. You can resize the camera window and reposition as necessary.



Click **File > New Screen Recording**. (NOTE: You may be prompted to allow QuickTime in System Preferences the first time you open.)



Click **Options > Built-in Microphone** (Make sure the check is next to Built-in Microphone. If it isn't, click on Built-in Microphone



Resize your recording area to include all you want to record. Click **Record**.



When you are finished with your recording, click the **Stop icon** in the top right menu.



Your recording should appear on the screen. You can trim or adjust your video as necessary by clicking Edit and Trim from the top menu bar.

To save the video, click **File > Export As > 480p**. Name your file and choose where to save the file.

