

Perhaps the easiest option for recording a self video (with audio) on a Mac is to use the QuickTime Player application that comes “built-in” with macOS.

To do so, do the following:

### Step 1 – Launch QuickTime Player

- Select: **Launchpad → QuickTime Player**
  - **QuickTime Player** may show a pop-up dialog asking you to select a file containing a video to play. In that case, you can simply press the **Cancel** button since your purpose now is to record rather than play a video.
  - Alternatively, **QuickTime Player** may not show you any pop-up, but the main menu (shown across the top of the screen from the upper left) should confirm that you are running **QuickTime Player** by showing the following menu items next to the Apple Icon in the upper left-hand corner of your screen:
    - **QuickTime Player, File, Edit, View, Window, Help**

### Step 2 – Make sure you are using the QuickTime Player main menu

- Whether **QuickTime Player** shows you an open file dialog or not, your next step is to make sure you are using the **QuickTime Player** main menu
  - If you’ve clicked in any other windows on your screen since starting **QuickTime Player**, you may have to select the **QuickTime Player** icon in the **Dock** (the bar of applications that is usually at the bottom of your screen.)

### Step 3 – Configure your recording

- Select: **File → New Movie Recording**
- A window containing video of you from your webcam should then show up on your screen. This is the webcam capture window.
- If you move your mouse cursor into the webcam capture window, you should see a small dialog window pop up with a circle with a red dot in it in the center of the dialog.
- The circle with the red dot is the button with which you will start the recording.
- Before starting the recording, speak a few syllables or “hellos” and make sure that the bar that shows up right below that recording button changes to show that it is getting the audio to record through your microphone.

### Step 4 – Start your recording

- Once you are ready, press the record button (red dot) and “perform” your video.

## Step 5 – Stop and review your recording

- When you are done, move your cursor into the video capture window and press the stop record button (circle with a square inside it that has replaced the record button)
- After you have stopped the recording this way, move your mouse cursor into the video capture window and verify that in the dialog window that pops-up you see that it shows the duration of the recording.
- You can then press the “play” button (triangle “pointing” to the right) to play the video back for review purposes.

## Step 6 – Save your recording

- Click in the Video Capture/Playback window of QuickTime and then select **File → Save...** in the QuickTime menu.
- Name the file (e.g. something like MyVideo.mov) and save it (probably saving it to your Desktop is best when you first save it, so it is easy to find.)
- You can double click on the icon on your Desktop for the newly saved file to review it again.

## Step 7 – Submit your recording

- The .mov file is an Apple Multimedia format file that you can submit to the Canvas assignment or discussion.
- To submit to a discussion, press the **Reply** button, then in the bar of formatting options across the top of the text box that is displayed for your reply, select the button that looks like:  .
- You’ll be presented with the following menu of options: *Upload/Record Media* or *User Media*. Choose the *Upload/Record Media* option. Then click and drag your recorded .mov file into the “Drag a file here” box that is shown.