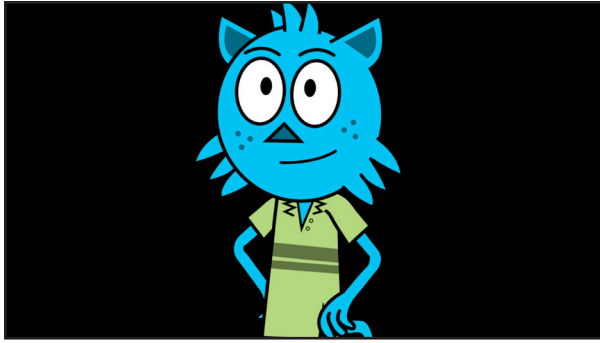
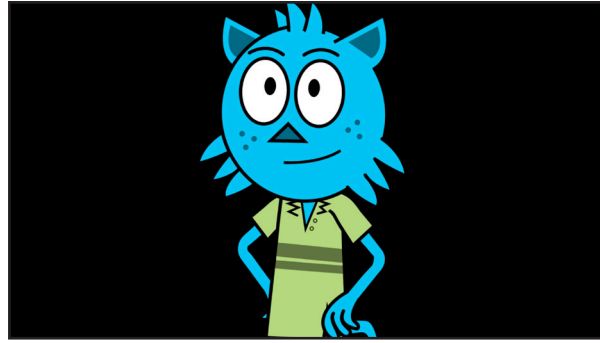
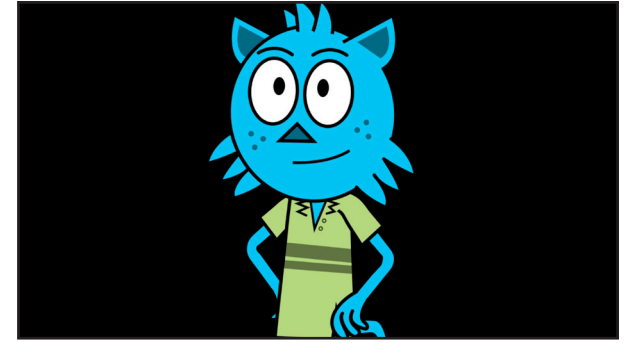




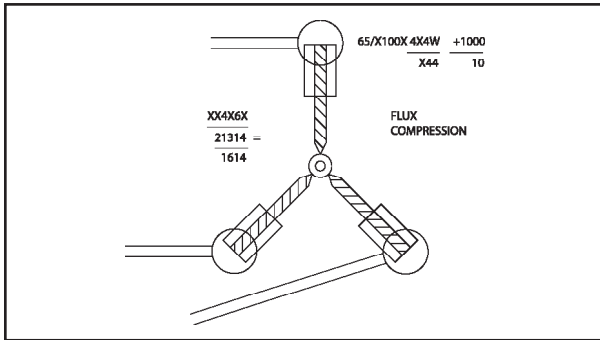
Hey guys, I'm going to do this a little bit differently today. As you can see, I'm a cat.



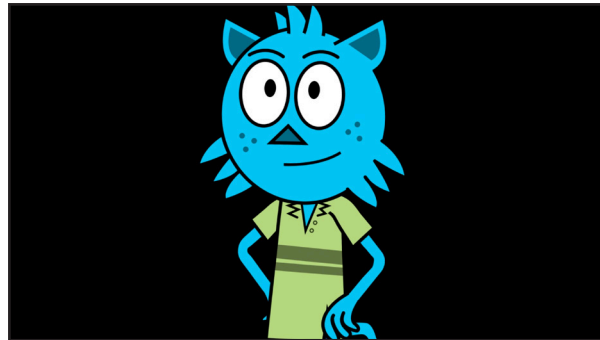
And I'm going to be talking about screen recordings or screencats...see what I did there? OK.



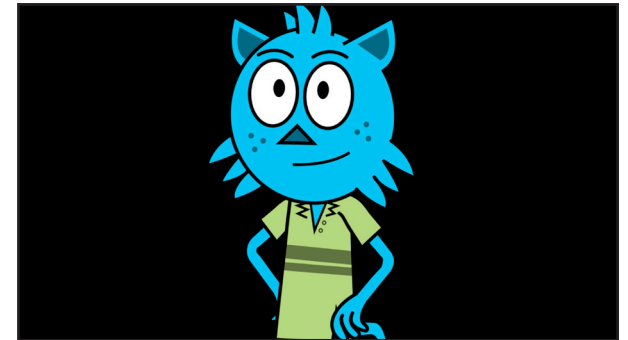
Now, screen recordings or screencasts are a good way to demonstrate step-by-step processes...



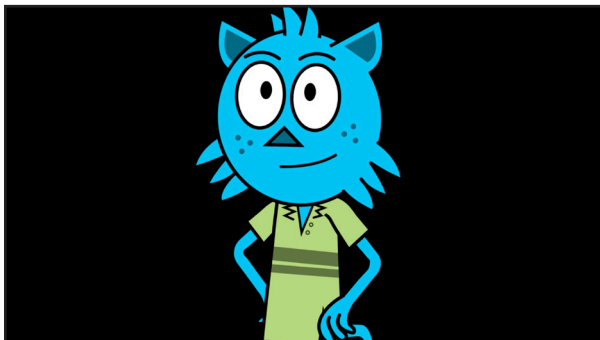
as well as explain everything from complex diagrams, mathematical formulas,



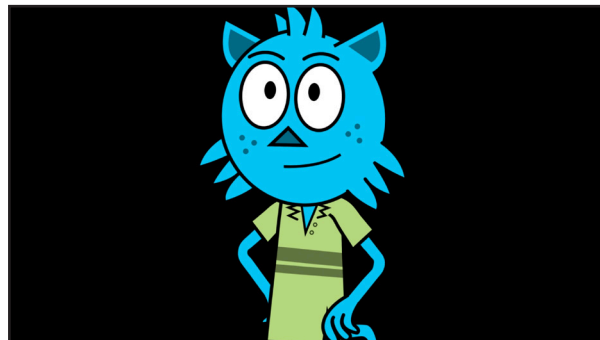
and how not to die of dysentery on the Oregon Trail.



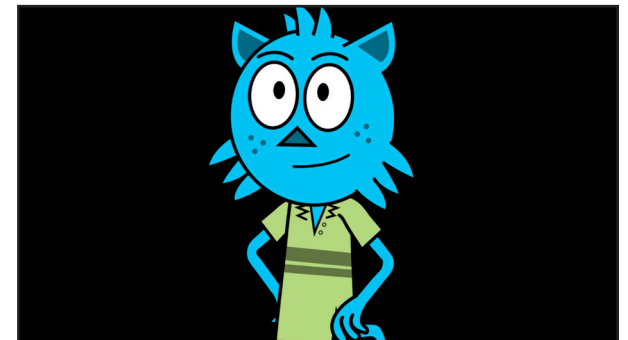
But finding the right software can be a challenge and sometimes an expense.



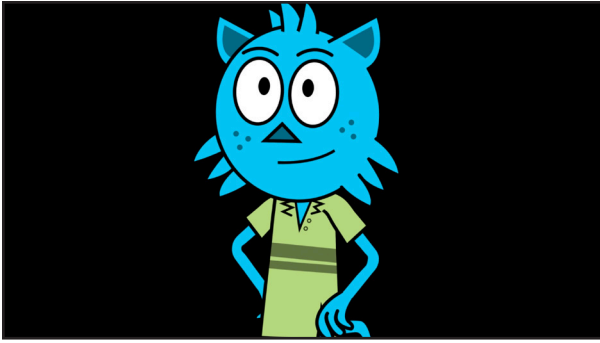
Fortunately there are some built in options that come with most operating systems.



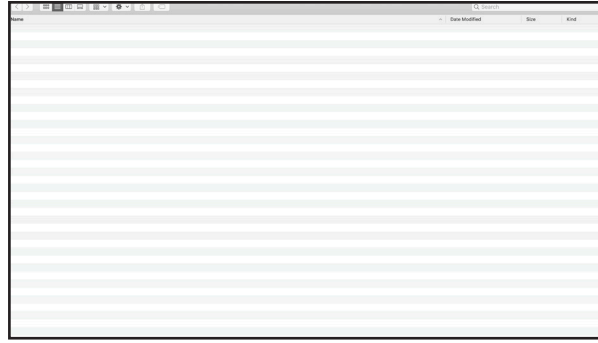
Windows 10 has a built in X-box app that allows you to record your computer screen,



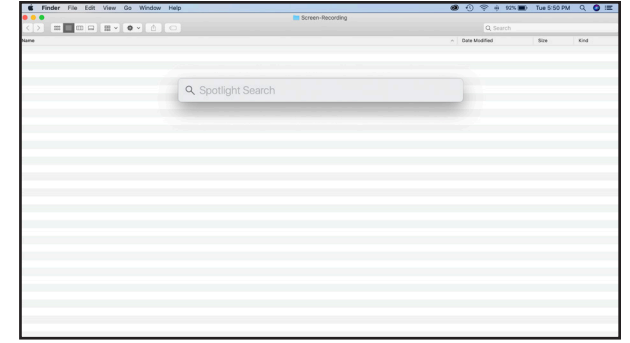
and Apple computers come with QuickTime Player which can likewise record your screen.



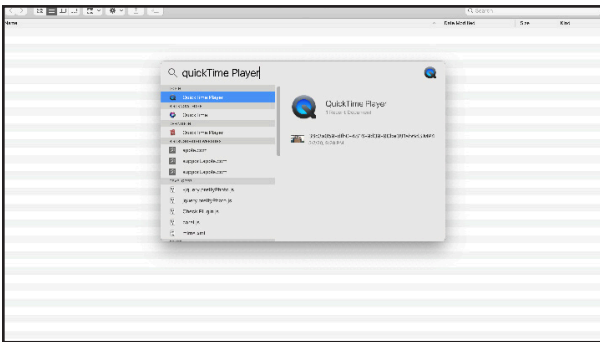
This lesson will focus on QuickTime Player.



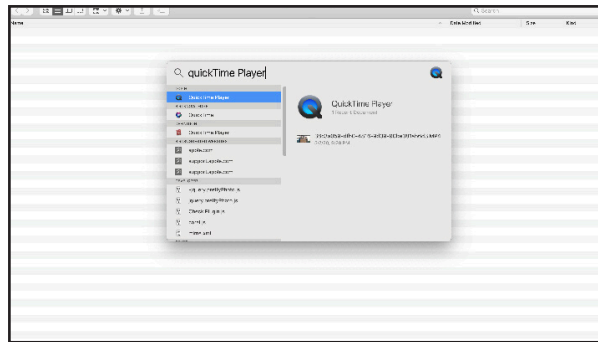
Start by locating QuickTime player



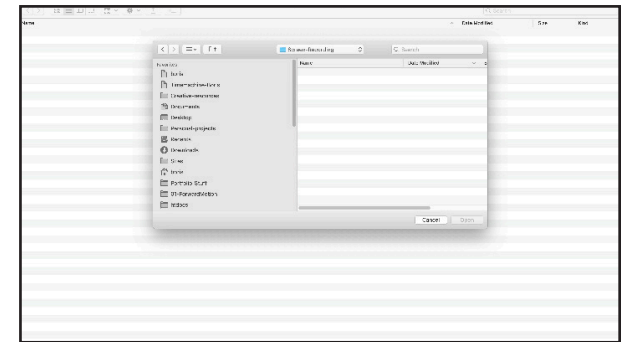
If it's not already in your dock then go up to the Spotlight search,



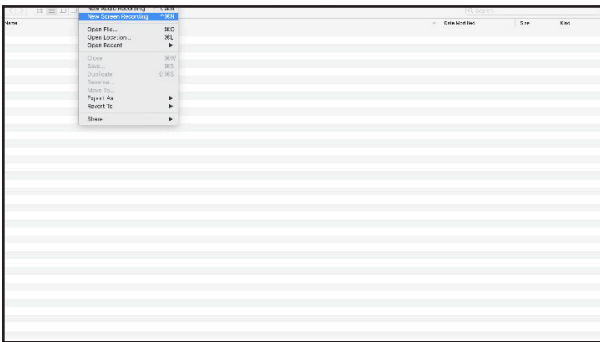
and type in QuickTime Player, or just Quick, it should come up right away.



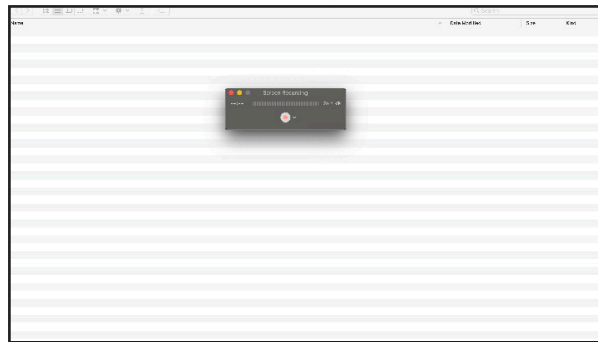
Double click the icon to launch the program.



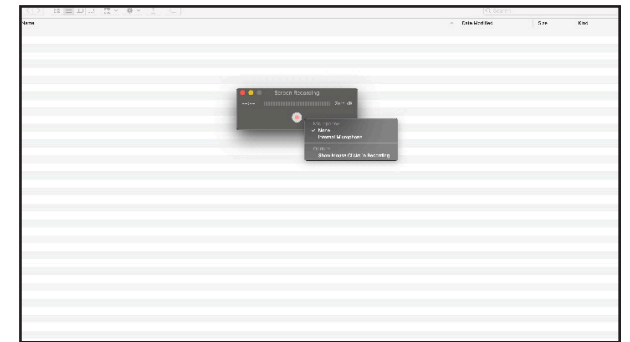
A window will open, prompting you to select a file, but just click on Cancel to dismiss it.



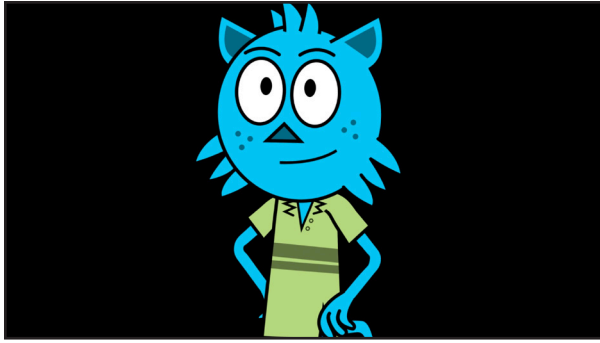
Next go up to the File menu and select New Screen Recording.



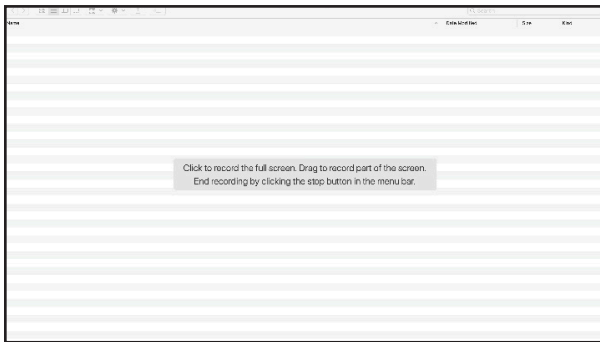
Click on the arrow next to the record button to select a sound recording option.



For this demo I will not be recording audio.



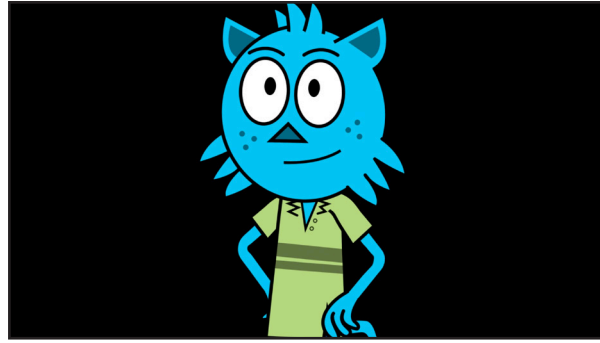
Fun fact, if you have an apple device like a smart phone or tablet connected to your computer via a USB cable,



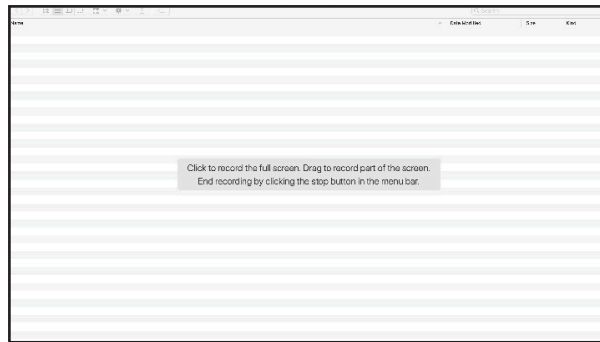
You will be prompted with an option to record a portion of your screen, but for this demo we'll



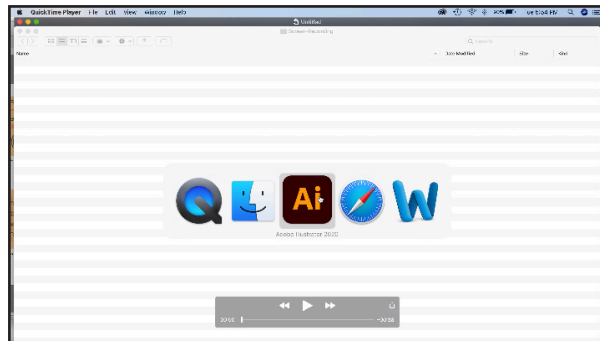
Here is a quick one I made.



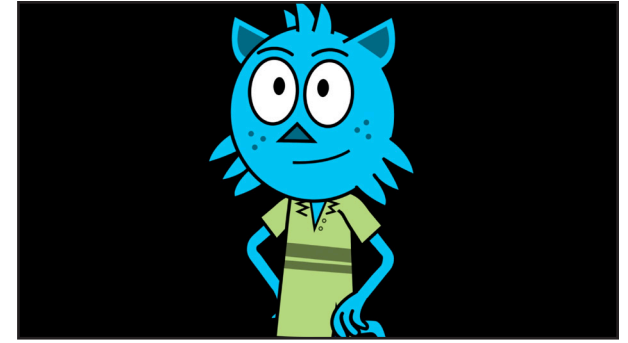
you will see that as an option. Selecting it will allow you to record that devices screen.



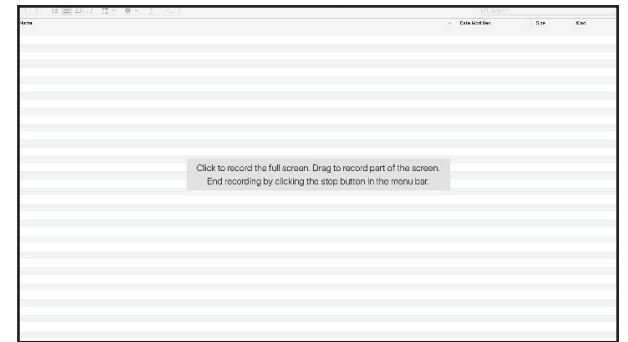
just focus on full screen recording, but experiment with the dragging option when you can.



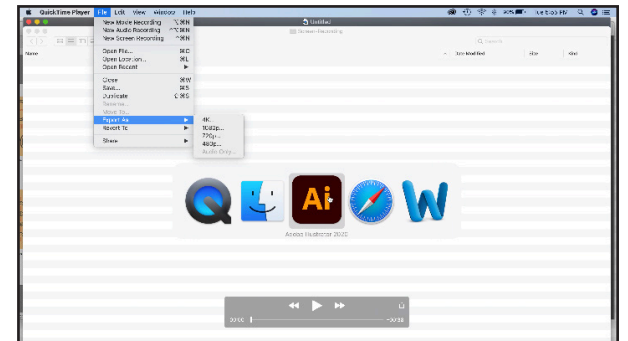
When you are done you will want to export your video to the aspect ratio you want to have it in.



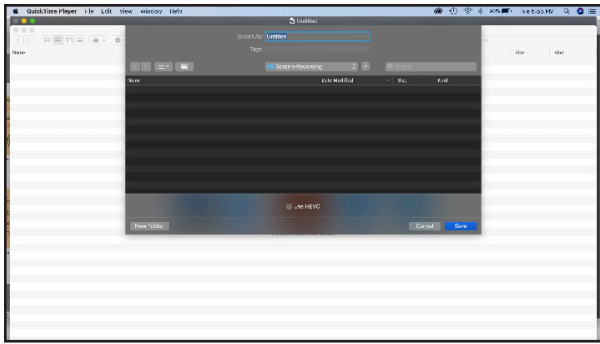
OK, so now that we've got that out of the way lets click on record.



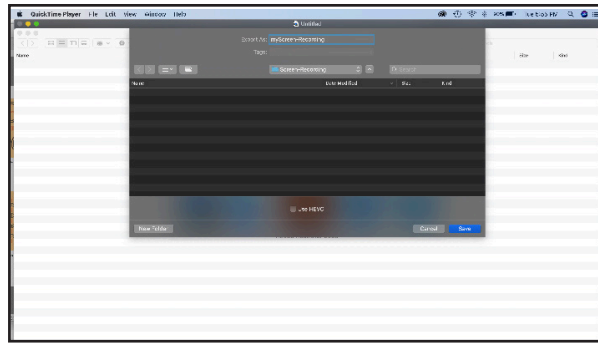
When you are finished recording you can click on the stop button in the top bar.



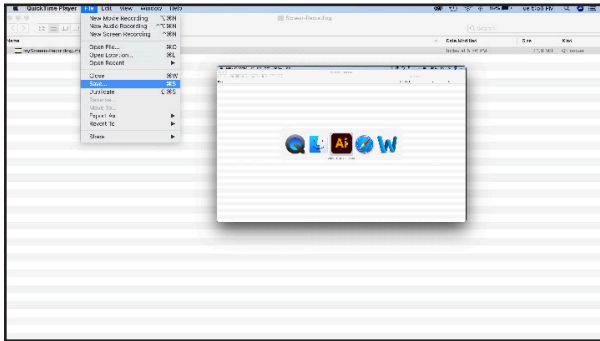
To do this, go to the File menu and select Export As,



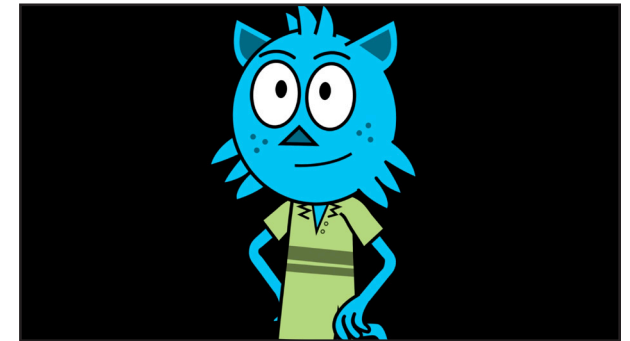
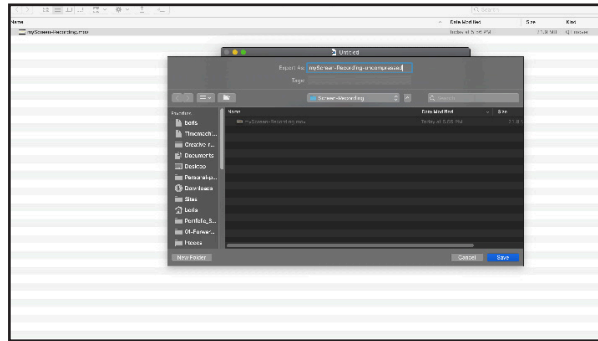
then save the file.



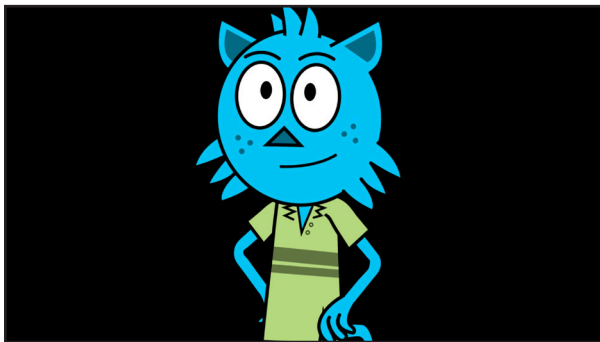
You may also want to keep an uncompressed version of your screen recording.



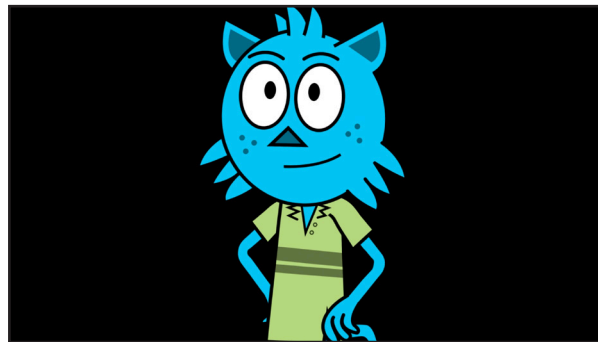
To do this, go the File menu and select Save.



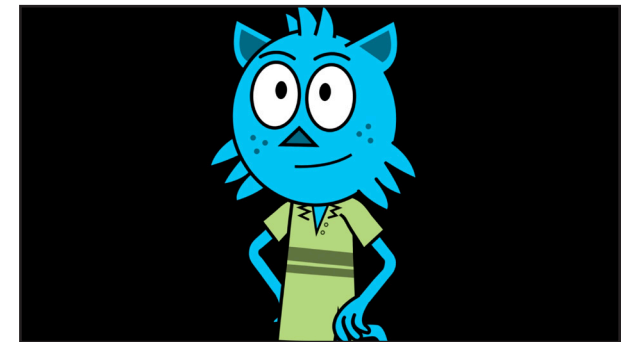
And there you have it.



Now you create your own screen cast and insert yourself at key points



to keep it from being stale and to express any thoughts you may have.



I look forward to seeing what you create.
Meaaaaooooow!