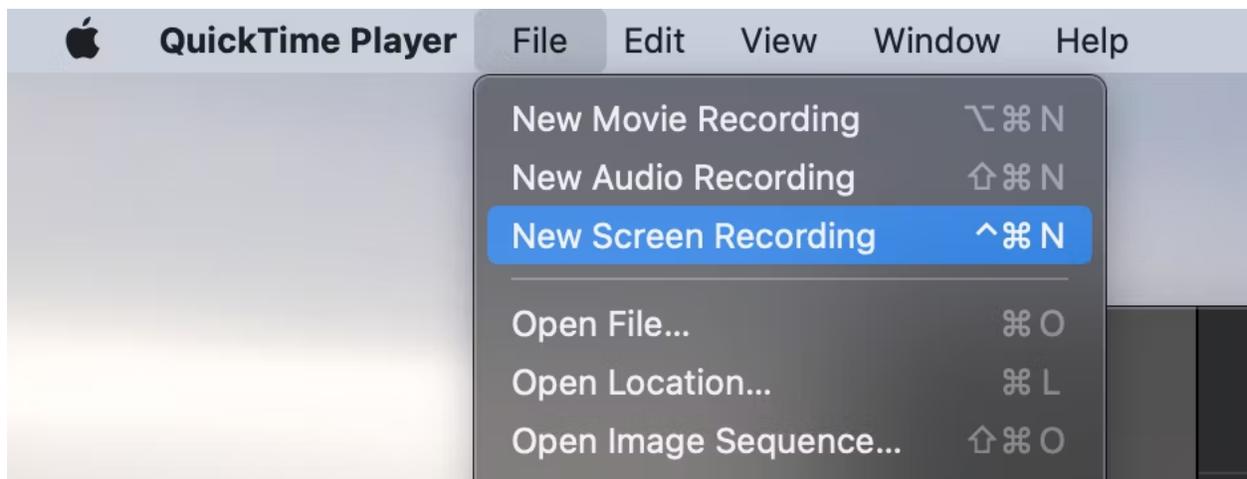


How to Screen Record on a Mac Using QuickTime Player

Firstly, why use QuickTime Player?

QuickTime Player is installed on Mac by default, so there are no extra costs or installations. Also, it allows for basic video editing and audio recording.

To record using the QuickTime Player, open the app, then select **File > New Screen Recording** from the menu bar.



1. Choose either **Record Entire Screen** or **Record Selected Portion**.
2. Click the **Record** button to start your screen recording.
3. To stop screen recording on your Mac, click on the **Stop** icon in the macOS menu bar.
4. The video will open immediately.

Choose to edit it as required (using Trim or Rotate tools).

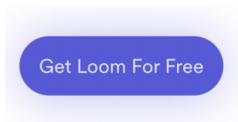
Once you're ready, simply select **File > Save** or hit **Cmd + S** on your keyboard to save the video to your desired location.

How to Screen Record using Loom

Loom is a free screen recording service that you can share your screen for up to 5 minutes.

How to sign up to Loom:

1. Head to the Loom [website](#)
2. Click > 'Get Loom for free'



3. Sign up using your email, and set a password
4. After that, it will prompt you to verify your email

Verify your email

We've sent you an email with a link that you will need to click to verify your email. You might need to check your spam folder if you don't see it.

5. It will ask you 3 questions about how you are going to use Loom, follow the instructions
6. You will be asked to add a chrome extension to your laptop or computer

Now you are ready to record a Loom video:

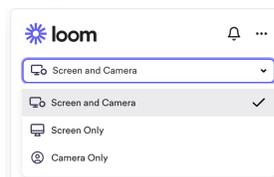
1. Click 'Record a Loom'

Record your first Loom

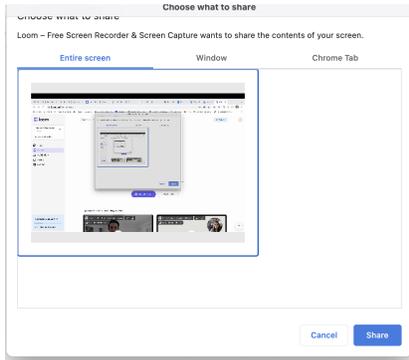
Get projects done in half the time by sending a loom instead of scheduling a "quick sync".



2. We would recommend clicking 'Screen only'

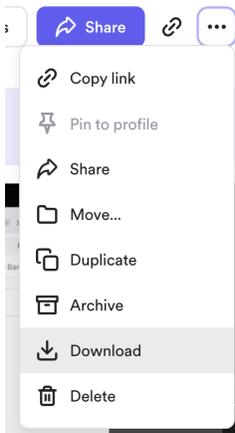


3. Choice 'Full Desktop' (recommend removing tabs you do not want us to see)



4. Then start recording!

5. When you are ready to finish stop the recording and download the video as an MP4, to submit to the brief



Here are some extra resources that may help helpful:

- [How to Record Your Screen on Windows](#)
- [Getting Started Video Tutorials](#)