

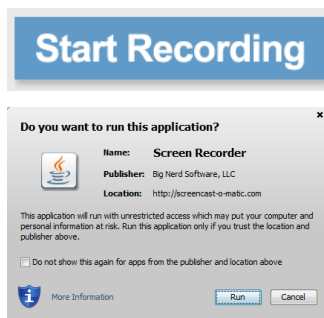
## Quickguide to Screencast-O-Matic

1. Go to <http://www.screencast-o-matic.com/>. You do not have to download the software to your computer, UNLESS you have a newer mac (OSX 10.6 or later) or wish to explore the “Pro” features. Please watch this videos if you have problems with downloading the software:

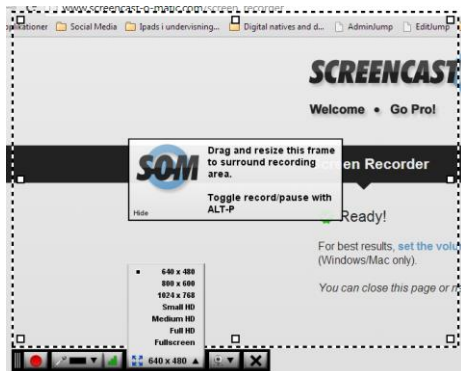
<http://som.screencasthost.com/install-mac-help>

2. Watch a short tutorial on Screencast-O-Matic <http://www.screencast-o-matic.com/u/h/start-recording>

3. Select “start recording” and “run” this application.



4. Drag and resize the frame or choose from the dropdown in the bottom. Start the recording. It is possible to pause your recording and resume again. When you are done recording, press the done button.



5. Publish your video to **Video File**. Choose Quicktime (MP4) as video type, as this type plays perfectly in Absalon. You have the possibility of adding notes in your screencast and various other options such as audio off, show mouse clicks or cursor etc.
6. Save your video on your PC/MAC
7. Go to **Absalon**, and choose add file. Select your videofile and click save.