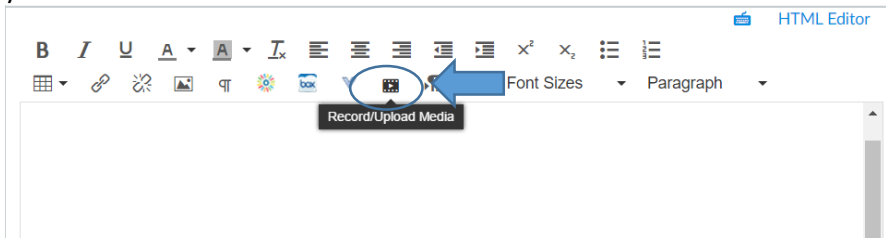


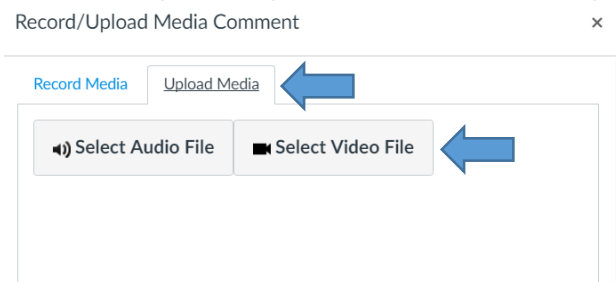
## How to Upload Your Narrated Presentation Video File to the Discussion Board

PSY 225 (prepared by Nathaniel Rigier)

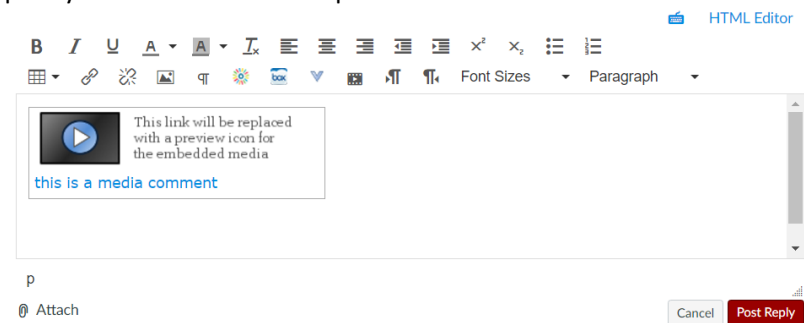
1. On the Discussion Board, click on the **Record/Upload Media** icon, which is to the right of the blue downward 'v' that you use to embed YouTube or Vimeo videos.



2. Select the **Upload Media** tab and then click **Select Video File**, which will open a window from which you can find your video file on your computer. Select the video file you want to upload from your computer and click **Open**.



3. Note that uploading video files, particularly large files, can take time. Make sure that you are on high-speed Internet and that you have a lot of bandwidth available (no one else on your network is playing video games or also trying to upload a large file).
4. After your video has successfully uploaded, you'll see a place holder, which will be replaced by your video after you post your Discussion Board post.



**Be sure to click "Post Reply" (as you always do) after you have finished uploading your video.**