# How do I create a Panopto recording?

Creating a Panopto recording is made possible by launching the Panopto recorder in one of two ways: either from within your course or from the desktop application. Follow the directions to create your recording.

## Show Me

<table>
<thead>
<tr>
<th>Panopto for Windows</th>
<th>Panopto for Mac</th>
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<tbody>
<tr>
<td><img src="Image" alt="Recording with Panopto for Windows" /></td>
<td><img src="Image" alt="Panopto for Mac" /></td>
</tr>
</tbody>
</table>

**Video - 05:09**  
**Video - 05:26**

## Tell Me

1. **Login** to your Panopto course  
2. Click on **Panopto**  
3. Click on **Create**  
4. Click on **Record a new session**  
5. **Select** your **desired folder** for the recording  
6. Enter a **name** for your recording *(can also be done after recording is complete)*  
7. Click on **Record** to begin your recording  
8. Click on **Pause** *(to pause the recording, if desired)*  
9. Click on **Stop** to end the recording  
10. Click on **Upload** to upload your recording to the pre-selected folder

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