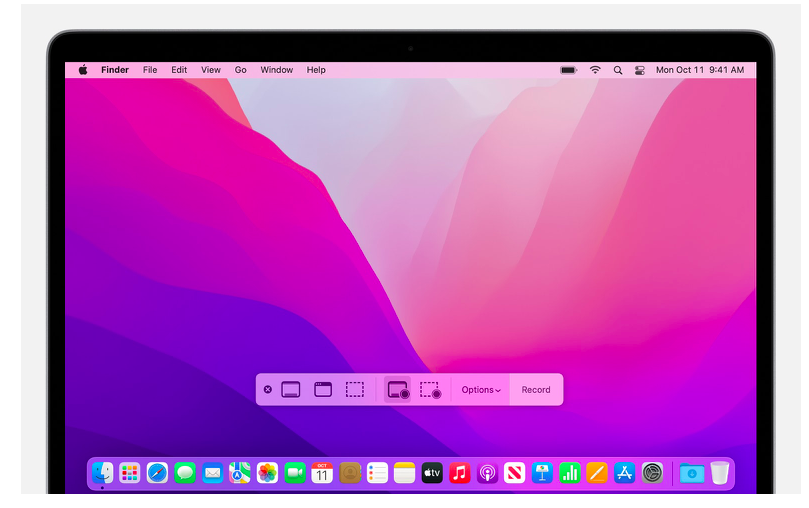
**How to record the screen on your Mac**

You can use Screenshot or QuickTime player to make a video recording of the entire screen or just a selected portion of it.

## Use the Screenshot toolbar



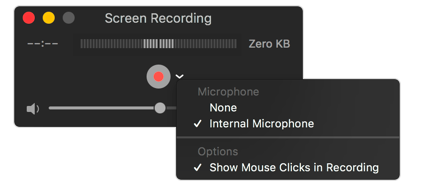
To view the Screenshot toolbar, press these three keys together: Shift, Command, and 5. You will see onscreen controls for recording the entire screen, recording a selected portion of the screen, or [capturing a still image](https://support.apple.com/kb/HT201361) of your screen:



**Use QuickTime Player**

1.Open QuickTime Player from your Applications folder, then choose File > New Screen Recording from the menu bar. You will then see either the [onscreen controls described above](https://support.apple.com/en-us/HT208721" \l "screenshot) or the Screen Recording window described below.

2.Before starting your recording, you can click the arrow next to the Record button IMG_256 to change the recording settings:



* To record your voice or other audio with the screen recording, choose a microphone. To monitor that audio during recording, adjust the volume slider. If you get audio feedback, lower the volume or use headphones with a microphone.
* To show a black circle around your pointer when you click, choose Show Mouse Clicks in Recording.

3.To start recording, click the Record button IMG_256 and then take one of these actions:

* Click anywhere on the screen to begin recording the entire screen.
* Or drag to select an area to record, then click Start Recording within that area.

4.To stop recording, click the Stop button IMG_257 in the menu bar, or press Command-Control-Esc (Escape).

5.After you stop recording, QuickTime Player automatically opens the recording. You can now [play, edit, or share the recording](https://support.apple.com/kb/HT201066).