

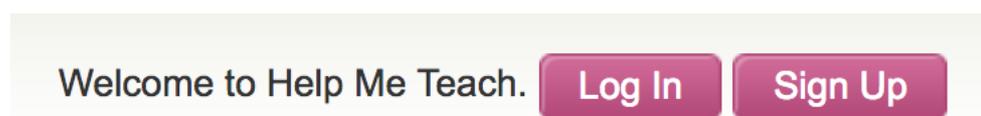
## Creating a training session to sell to teachers via helpmeteach

### Creating your training has 4 very simple stages:

1. Create your helpmeteach account
2. Create your training as an mp4 file
3. Upload your mp4 file to helpmeteach
4. Enjoy helping others whilst earning extra income

### Stage 1: Create an account on helpmeteach

If you haven't already, click on the sign up box and complete the details to register with us.



### Stage 2: Create your training.

This is a much simpler process than it may sound!! We are giving you simple steps to follow below:

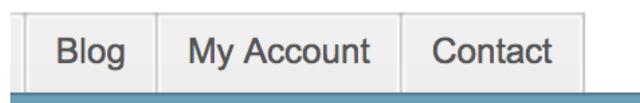
1. Create an mp4 video file. You can either use a video file that you have already or record a new one.
2. Perhaps the simplest way to record your training is via a handheld camera or camcorder, which can be uploaded to the pc very easily. Some people may wish to 'record their pc screen'- e.g. use a PowerPoint on their pc and provide 'voice- over' to explain the PowerPoint- using a headset microphone. Programs such as Windows MovieMaker or Adobe Premiere can be used to upload and edit video files.

**There is more information on how to 'record your pc screen' at the end of this document**

3. You may already have an mp4 file. If not you will need to find a program that can save or convert video to an mp4 format. Adobe Premiere or many other video editing programs are available for this purpose. Details on how to do this on a mac is included at the end of this document.

### Stage 3: Upload your file

Log in to your account (MY ACCOUNT) on helpmeteach by clicking on 'my account'.



Click on 'resources'

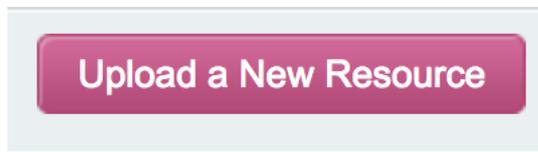


**My Resources** Earning 98% commission

Add and manage your shared resources from here. You can also come here to respond to customers' queries, read their reviews and to check up on how much money you've made.

Resources <sup>42</sup> Questions Comments Commission

Click on upload new resource



Upload a New Resource

Then simply upload your mp4 file. This may take a few minutes.

### **NB VERY IMPORTANT**

**When uploading your work, in the 'additional details' box type *student revision* if you want to be included in student revision OR *teacher training* if you want it to be included in teacher training resources.**

### **Recording your screen**

If you wish to record your screen here is a bit more detail about how to do it:

WINDOWS PC:

Did you know that Windows 10 comes with its own built in game bar screen recording software? Watch this tutorial:

<https://www.youtube.com/watch?v=OfPbr1mRDuo>

### **Windows 10's built-in Game Bar**

It's well hidden, but Windows 10 has its own built-in screen recorder, intended for recording games. To find it, open the pre-installed [Xbox app](#) (type Xbox into the search box to find it) then tap [Windows]+[G] on your keyboard and click 'Yes, this is a game'.

Click 'Start recording' or tap [Windows]+[Alt]+[R] to start, then use the same shortcut when you've finished. Recorded videos will be saved in your Videos/Capture folder in MP4 format.

To customize the recorder's settings, log into the Xbox app and access the Game DVR options. You can't choose a different destination folder for recordings, but you can pick a quality setting, decide whether or not to record audio, and set a maximum clip length.

Unfortunately not all Windows 10 devices can record footage with the Game Bar. To use it, you'll need a video card supporting one of the following encoders:

- Intel Quick Sync H.260
- Nvidia NVENC
- AMD VCE

If your PC or laptop doesn't qualify, read on for more options.

## **FlashBack Express**

[FlashBack Express](#) is a superb free screen recorder that's ideal if your PC doesn't support Windows 10's Game Bar, or you need something more flexible.

Download and install the software, then click 'Record your screen' for an extensive selection of customizable settings. You can choose whether to record your entire screen, a specific window, a custom area selected with your mouse, or even your webcam. You can also specify whether the recording should include sound (from your microphone, speakers, or both).

Delving into the options menu gives you even more choice, including the ability to record audio from a microphone as a separate track (very handy for editing the recording later), capture keystrokes and replace password characters with asterisks, limit recordings by time or file size, and much more besides. You can even schedule recordings by time, or when a specific application is opened.

Click the red button to begin recording. Once you've finished, you can review the video in FlashBack Express 5 Player (included in the same download), and make some small adjustments like trimming and cropping.

## **Apowersoft Free Online Screen Recorder**

If you don't have time to install a desktop program, you can record your PC's screen from within any modern web browser with [Apowersoft Free Online Screen Recorder](#). It's a superb tool that's better than a lot of desktop software. To get started, [visit Apowersoft's site](#) and click 'Start recording'. You'll be prompted to download a small launcher application, after which a recording bar will appear.

Clicking 'Download desktop version' will download a trial version of Ashampoo Screen Recorder Pro. This is a great tool, but it's premium software and the demo will only let you record for a short period. It'll also watermark your clips.

The online recorder has no such disadvantages, letting you record for as long as you like with no unwelcome additions. As with Flashback Express, you can record from your screen (a selected area or the whole thing) or a webcam. You can choose whether to include the cursor, and even add annotations while recording is in progress – ideal for tutorials and presentations.

When you're done, click the pause button, followed by the tick. The video will be saved in your Documents folder in MP4 format.

## MACBOOK

Quick Time allows you to record your screen:

**Step 1.** Launch QuickTime Player, select File > New Screen Recording.

**Step 2.** A screen recording window will open. Before you begin to record the screen, you can click the small triangle button on the right to set a few settings.



**Step 3.** Hit the red "Record" button to start capturing your screen, you will get a hint to ask whether capture the entire screen or only a portion of the screen.

**Step 4.** Click "Stop" button once you finish the screen recording. Then you can preview and export the recorded video to save.

NB Quicktime saves files as .mov. You will therefore need to convert files to mp4.  
This video shows you how to convert files to mp4:  
<https://youtu.be/Xh10Iixx19c>