

Video Conversion & Compression Guide for Mac OS X Users

You may need to use a video conversion/compression tool to:

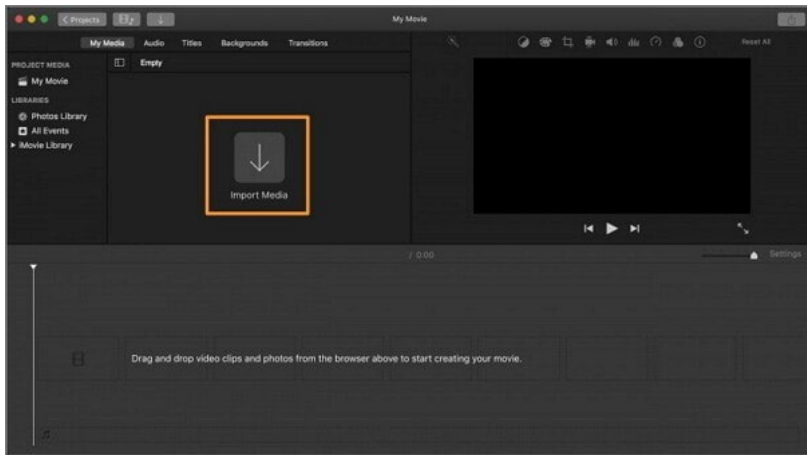
- Reduce the size of your video file for uploading. The recommended file size is 200 MB to 300 MB. Before reducing your video file size, you should first trim your video so it contains only the video segment that will be submitted.
- Convert your video into a .mp4 file.

Follow these instructions to perform these tasks on your Mac:

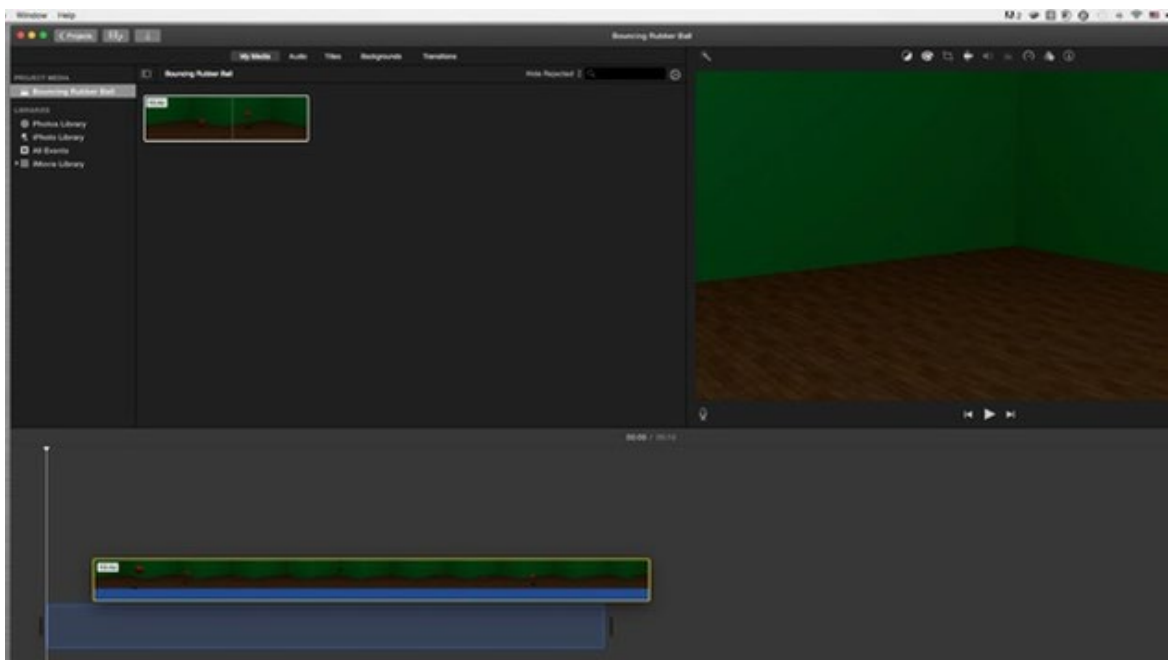
- [How to Compress a Video Using iMovie](#)
- [How to Convert a Video Using iMovie](#)

How to Compress a Video in iMovie

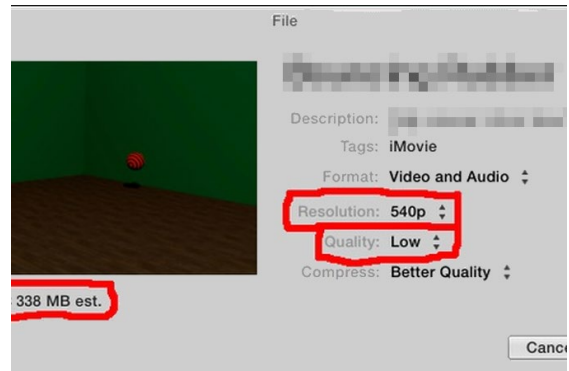
1. **Open iMovie:** Open iMovie on your device.
2. **Import your video:** Once inside iMovie, import the video you want to compress into the event library.



3. **Drag the video to the timeline:** Locate the video in the events library and drag it to the timeline at the bottom of the screen.
4. **Select the video:** Click once on the video to select it.



5. **Go to "Settings" in the toolbar:** Find the "Settings" option in the iMovie toolbar and click on it.
6. **Choose "Share" from the dropdown menu:** From the drop-down menu that appears when you click "Settings," select the "Share" option.
7. **Select "File" in the sharing options:** Within the sharing options, choose the one that says "File."
8. **Choose video quality:** Select "Resolution Quality and Settings" from the menu. When choosing Resolution and Quality, higher resolutions and quality settings increase the video file size, while lower settings decrease it. You can experiment with different values for these settings until you arrive at a suitable file size and quality settings.
9. **Click "Next" and choose the save location:** After selecting the quality, click "Next" and choose the location where you want the compressed video to be saved.
10. **Save the video:** Finally, click "Save" to compress and save the video to iMovie.



How to Convert a Video in iMovie

Import Your Video

1. Open iMovie on your device.
2. Click on "Create New" and select "Movie."
3. Click on "Import Media" to add the video you want to convert.

Convert the Video

1. Go to "File" in the menu bar.
2. Select "Share" and then choose "File."
3. In the dialog that appears, you can select the format for your video.
Choose **MP4** for compatibility with the ePortfolio system.
4. Click "Next" to choose the save location and complete the conversion.

For Additional Support

Please visit the program website, www.ctcexams.nesinc.com, to review additional support materials.