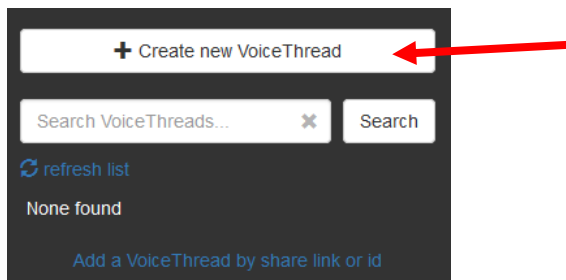# Submitting an Audio or Video Assignment

Introduction
Follow the steps below to learn how to record and submit audio or video via VoiceThread.
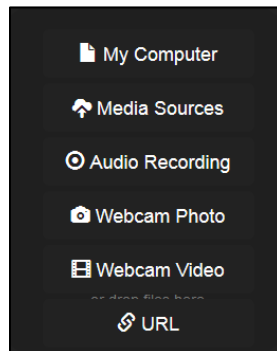
Step 1:
Click on the link provided by your instructor and then click the "**Create new VoiceThread**" button.

Step 2:
During this step, you will choose the information that will appear in the center of the VoiceThread. Click the "**Add Media**" circle in the center of the page to add your focus content.

"**My Computer**" allows you to upload files from your computer:
- Images - JPEG/GIF/PNG/BMP
- Audio - MP3/WAV
- Video - QuickTime, WMV, AVI

"**Audio Recording**" records audio from your microphone to serve as the focus of the discussion.

"**Webcam Photo**" or "**Webcam Video**" allows you to take a picture or record a video directly from your webcam.

"**URL**" allows you to import images and videos from other websites.

Step 3:
Click the "**Submit Assignment**" button twice to submit your VoiceThread presentation for grading.