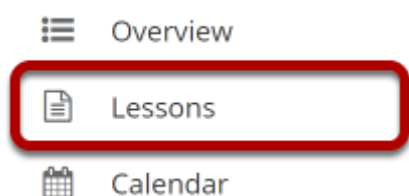# How do I embed a video from my computer on a Lessons page?

Instructors can add an embedded video at any point in a Lessons page. The embedded video described here is a video uploaded from the instructor's computer to the Lessons page. (See How do I embed a YouTube video on a Lessons Page? for directions on embedding a YouTube video.)

Go to Lessons.

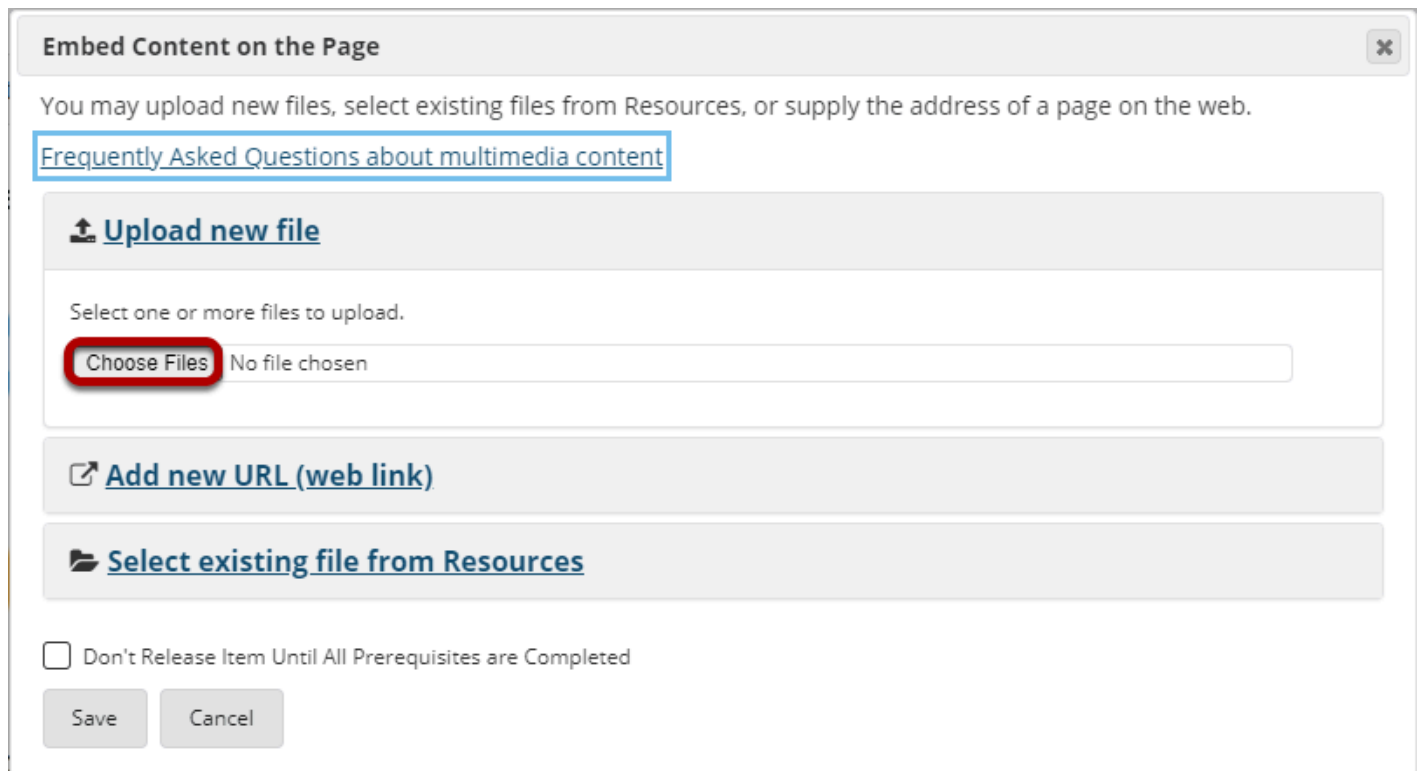Click on the Lessons tool in the Tool Menu to display the page.

Note: The default or blank Lessons page contains text and images that explain the basic functionality of the Lessons tool.

Click on Add Content, then select Embed Content on the Page.

From the **Add Content** drop-down menu, select **Embed Content on the Page**. This displays the Embed Content dialog box.

Click Choose Files.

Embed Content on the Page   ✖

You may upload new files, select existing files from Resources, or supply the address of a page on the web.

Frequently Asked Questions about multimedia content

⬆ Upload new file

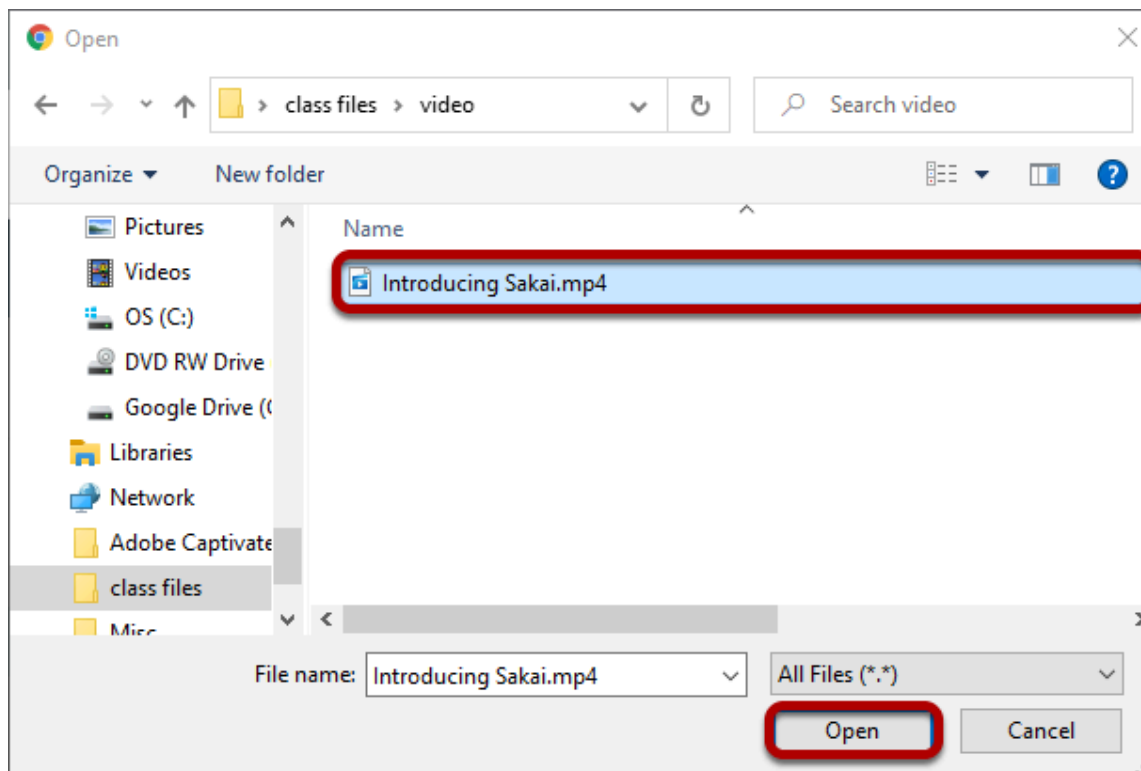Select one or more files to upload.

[Choose Files] No file chosen

🔗 Add new URL (web link)

📂 Select existing file from Resources

☐ Don't Release Item Until All Prerequisites are Completed

[Save]   [Cancel]

Locate and select the video file on your computer.

🔵 Open   ✕

← → ⌄ ↑ 📁 > class files > video   ⌄ ↻   🔍 Search video

Organize ▾   New folder   ⊞ ▾ ⬚ ❓

📷 Pictures   ^   Name
🎞 Videos   🎬 Introducing Sakai.mp4
💻 OS (C:)
💿 DVD RW Drive
🔗 Google Drive (
📁 Libraries
🖥 Network
📁 Adobe Captivate
📁 class files
📁 Misc   ⌄   <

File name: Introducing Sakai.mp4   ⌄   All Files (*.*)   ⌄

                                          [Open]   [Cancel]

Click on the file you would like to upload to select it and then click **Open**.

Click Save.

Embed Content on the Page   ✖

You may upload new files, select existing files from Resources, or supply the address of a page on the web.

Frequently Asked Questions about multimedia content

⬆ **Upload new file**

Select one or more files to upload.

Introducing Sakai.mp4   🗑

Custom name for uploaded file [optional]: [   ]

Add another file to upload:

[Choose Files] Introducing Sakai.mp4

☐ Don't Release Item Until All Prerequisites are Completed

[**Save**] [Cancel]

View embedded video.

📄 **LESSONS**   🖶 Print view   🖶 Print all   ☰ Index of pages   🔗 Link   ? Help   ⛶

[Add Content ✚] [More Tools ▾] [Add Layout] [Reorder] [⚙]

⚙

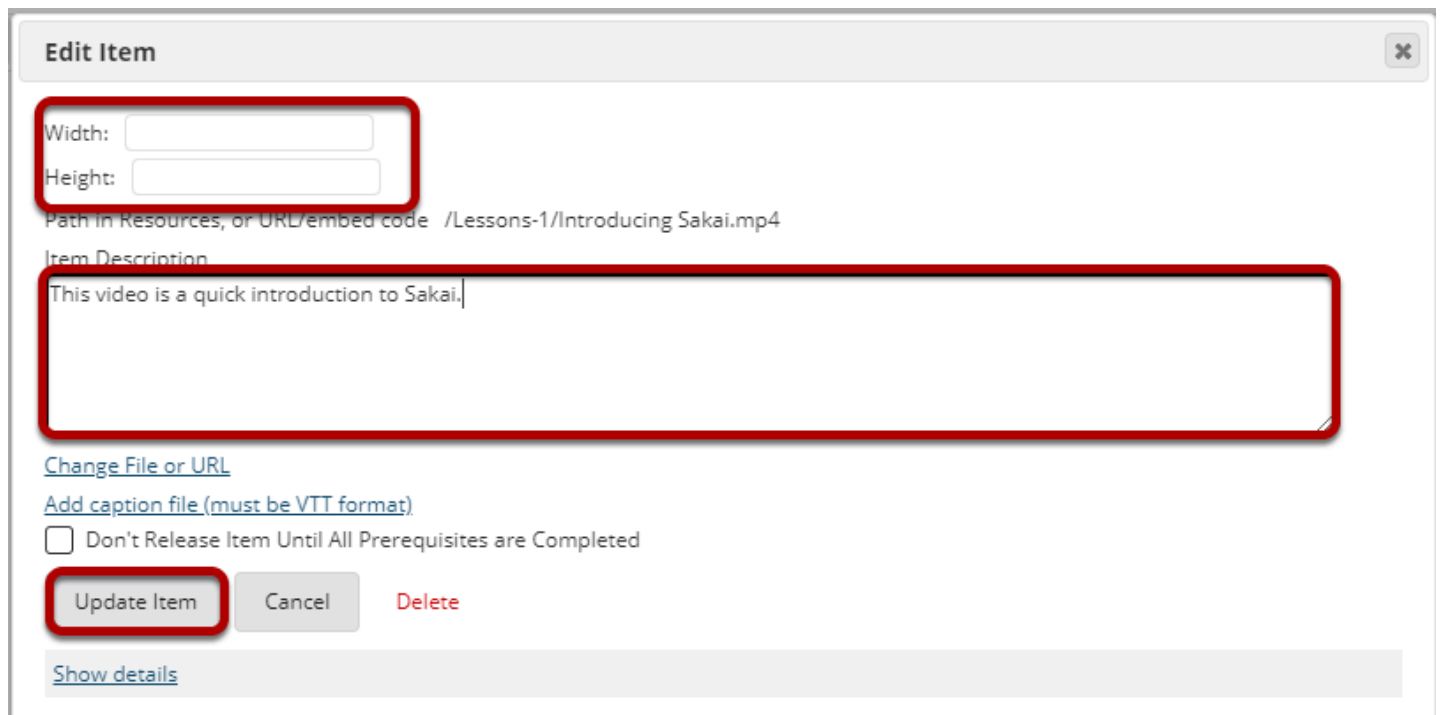▶ 0:01 / 0:17   🔊   ⛶   ⋮

The Lessons page will display the embedded video.

Click on Edit. (Optional)

This displays the **Edit Item** dialog box.

Add a description and/or adjust the video pixel size.

Enter the desired **Width** and **Height** for your video in number of pixels, and/or enter a description in the **Item Description** text box. Then, click **Update Item** to save your changes and return the display to the Lesson Page with the embedded video and description.

View updated item on the page.

Notice the video file location.

Note: The video will be uploaded to your Resources folder for that Lessons page. Uploaded videos are NOT streamed to the user. The larger the video file, the longer it will take the video to load on the Lessons page.