

# How to upload a video from your computer

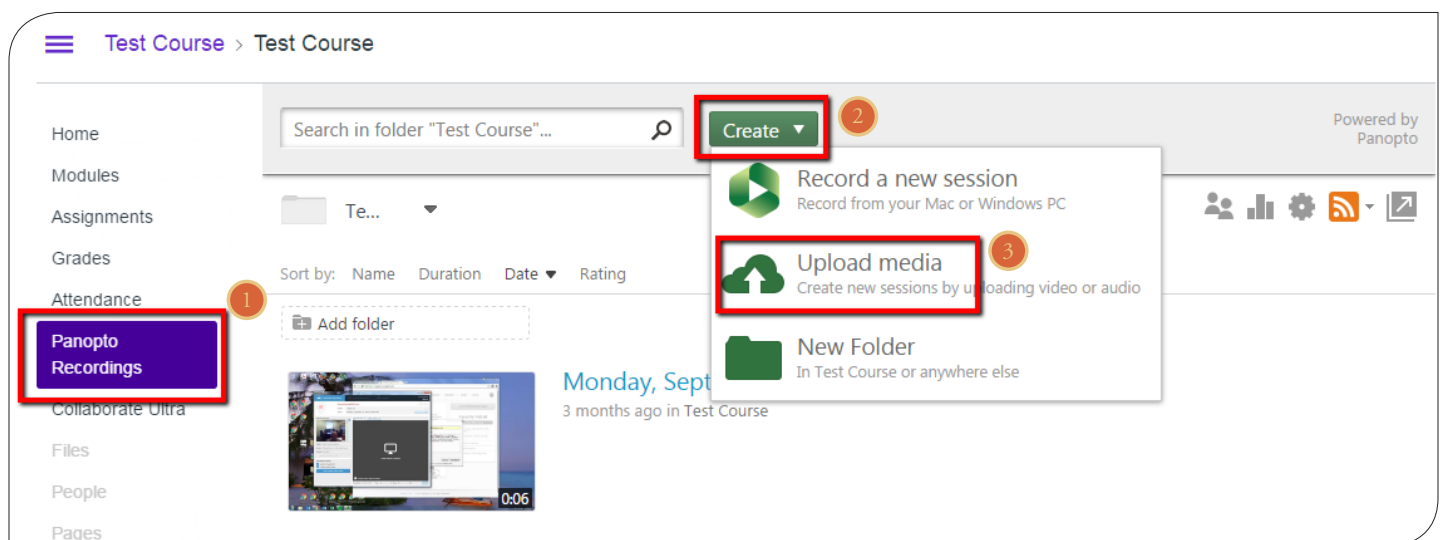
Follow the steps below to upload a video that you created outside of Canvas



[1] While in your Canvas course, click on Panopto Recordings on the left

[2] Click on the Create button on the top, then Upload media

[3] Drag your video files onto the screen, or click to select from your computer



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