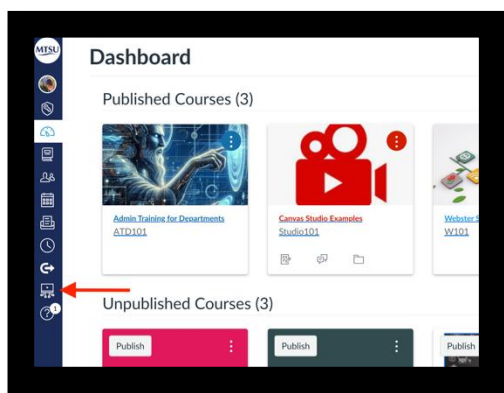
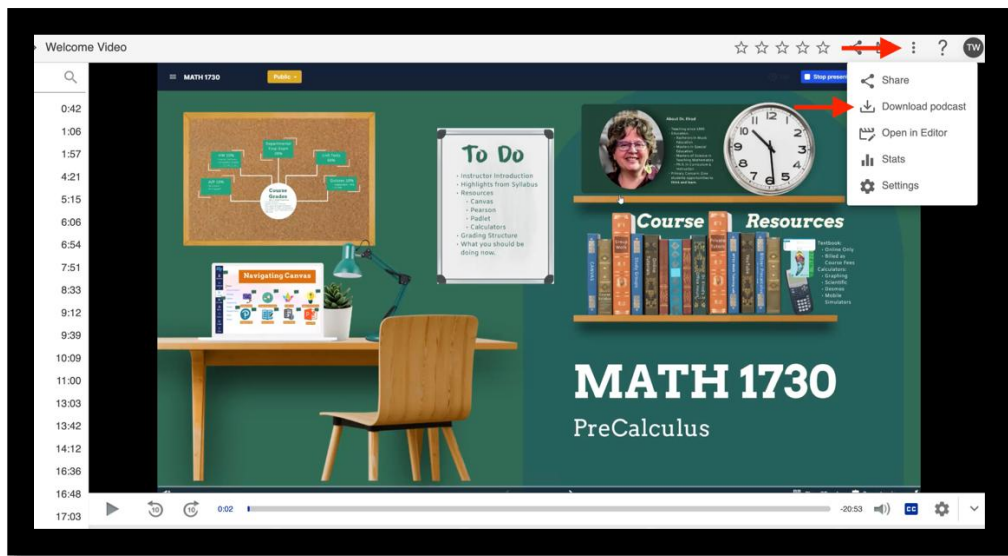


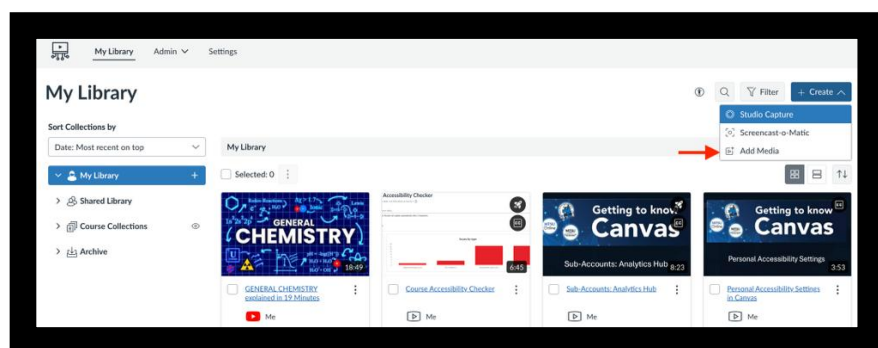
How to move your Panopto videos to Canvas Studio

Open your Panopto video. Then click the **three dots** (the kebob) in the upper right corner. Choose **Download Podcast** from the drop-down menu. (Your video may take 2-10 minutes to completely download, depending on the length of the recording.)

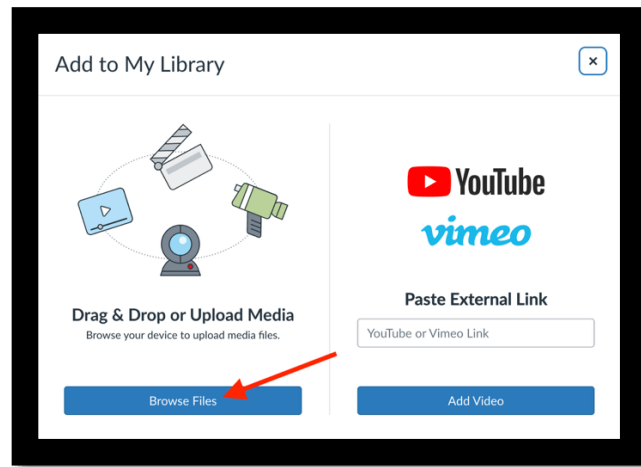


Open **Canvas Studio** by clicking the icon in your blue global Canvas menu.

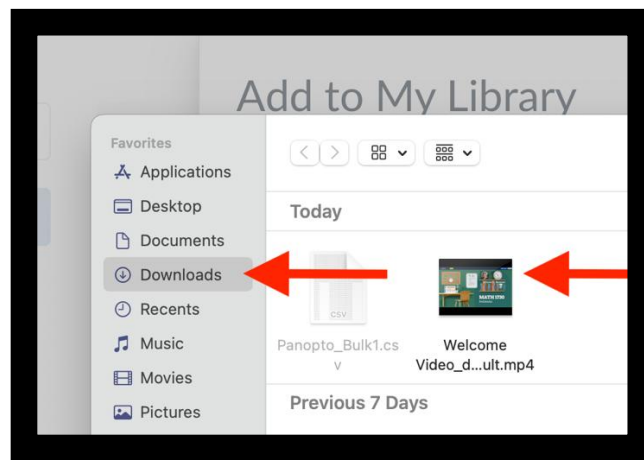
Click the **+Create** blue button in the upper right corner and select **Add Media** from the drop-down menu.



In the window that opens, click the blue **Browse Files** button to locate your downloaded Panopto video, or choose to drag and drop in into the window.



Typically, downloaded files are saved to your computer's download folder. Locate the file to upload it to Canvas Studio.



Longer files may take several minutes to process; the completed file will not be hosted inside Canvas Studio. You may choose to share it publicly, post it in your Canvas course, or even embed a quiz!

Watch the 2-minute [Studio recording of this process](#) or visit the [Center for Teaching and Mentoring](#) for more workshops or videos on Canvas Studio.