Freevlog Tutorial 2:
How to make a screen capture on a mac.

One great way to show everyone that what you have posted is a video, is to show a picture of it on your blog inside of a media player, in this case, for a Mac, we'll do it inside of QuickTime player.

In order to do that, we need to take a screen capture of your video in the QuickTime player. It's good to just find a frame that you like, then we're going to use a special key combination on the Mac. We're going to press "apple shift 4" all at the same time.

And my arrow will turn into these little cross hairs.

And I'm going to click and drag from the top left hand corner just inside the curve of the QuickTime player.

Drag all the way across to the opposite corner again, just inside the curve of the QuickTime player and I'll let go. It will put a file on my desktop called "Picture 1.png" because I'm running Mac OS 10.4.

If you're on Mac OS 10.3 and earlier it will say "Picture 1.pdf".

So what you want to do is double click this and it will open up in a program called Preview.

And you're going to go to File> Save As... if you're on 10.4 or File>Export if you're on 10.3 and earlier.

And you'll give this a name and change it from a PNG to a JPEG. So now my file is called "demovlog.jpg"

and I'm going to save it.

There is is on my desktop and it's ready for upload to the internet.