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# Submitting Videos on Canvas

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This article contains instructions and best practices for submitting video recordings to Canvas.

## Before You Start

You will need:

- Access to Canvas
- Video File or URL Link to the Video
- A supported browser

## Recording Your Video

If you've never used your iOS device to make videos, we recommend consulting [Apple Support](#) and running a few tests first. For example, iPads and iPhones will take a video in portrait mode if the device is held vertically, and videos generally look better filmed in a landscape orientation.

## Recommended File Types:

**Audio:** .mp3

**Video:** .mp4

**File Size:** 500 MB or less

**Note:** We do not recommend recording videos inside Canvas itself. If your wireless connection ends Canvas may lose your recording, and the Courseware team will not be able to recover it.

## Submitting Your Video

You can submit your video from a computer, or via the Canvas app on devices like [iOS](#) or [Android](#).

Upload your video file as you would a Word document, or .pdf, by [submitting the file](#) to an assignment. If your video is long, upload it with a wired connection (ie, not WiFi), which will make for a faster upload and a lower likelihood of an interrupted transmission.

As with most [assignments](#), you can re-submit the video if you see something you want to correct, and your instructor will see the latest upload by default.

## Questions?

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