**Ultimate List of Tips**For your counseling session recordings

# TIP #1 - RECORD IN LOW RESOLUTION!

**RECORD IN 480p 4:3 Ratio, with 30 fps. See instructions!**

**YOU NEED TO DO THIS**, because a 1 hour session will become 1GB file size, and you can copy that to your USB very quickly. If you record in full HD, your video will be HUGE, and you will be SAD when it takes 4 hours to copy.

# TIP #2 – Use exFAT

Did you forget tip #1? Is your file size 6GB? Does your USB Drive say it cannot copy / filesize too big when there seems to be plenty of space? You need to format (erase) your USB drive and set it to exFAT.  
You can do this in windows by right-clicking on the USB > Format > exFAT.  
exFAT allows your giant mistake to actually transfer. They will also be readable on Mac/Apple.

# TIP #3 – DELETE YOUR SESSIONS

Delete your video file when you’re done. This will keep the computer happy for longer.  
**ALSO DO NOT LEAVE IMPORTANT VIDEOS ON THIS COMPUTER BECAUSE IT MUST BE ERASED EVERY SEMESTER.**  
There is no notice for this purge.

# TIP #3.5 – RESTART WHEN DONE

Restart the PC when you’re finished using it. This will keep it fresh for the next person.

# TIP #4 – DON’T FORGET TO TAKE YOUR USB

Don’t forget to take you USB / External Drive. They are forgotten here so often!

# BONUS!!! TIP #5

Are you tech savvy? Want to record straight to your own laptop? Plug the Mic/Webcam into your own laptop. They will most likely be plug and play. If you do, **PLEASE REMEMBER to re-plug them in!** No guarantees here.

# BONUS ROUND TWO!!! #6

Don’t have a USB? Upload your small video to OneDrive or your own personal Gmail/Dropbox.