Start, Stop, and Pause your Recording

1. Select **Record** to begin your recording. Once your recording has started, the button will change to **Pause** and **Stop**.

2. If you select **Pause**, the **Resume** button will appear. Select **Resume** to continue your recording.

3. Select **Stop** to end your recording.

**Note:** If you are using screen capture, and do not want the Panopto recorder visible during the recording, you have the option to use hot keys:

- **Command + Option + R** – Start the recording
- **Command + Option + R** – Stop the recording
- **Command + Option + P** – Pause the recording
- **Command + Option + P** – Resume the recording