



Freevlog Tutorial: How to make a screen capture on a PC

Let me show you how to take a screen capture of your video in Windows Media Player here on a PC.

The first thing you're going to do once you have it open is to select a frame, you scrub through here and you select a frame that you'd like to represent your video.

To make sure that the screen capture works correctly, we have to go up here to the Tools menu and down to Options. We're going to click on the Performance tab, and we're going to take the Video Acceleration and we're going to drag it down from "Full" to "None" and click OK. You don't want to leave it there, you just want to put it there so we can take the screen capture. After you're done, you want to set it back up to "Full" otherwise your videos won't play correctly.

Once we've done that, if you click "Alt+ Print screen" it will take a picture of this window. Once you've done that, we're going to go and open the Paint program. Go to Start, All Programs, Accessories, Paint. Once Paint is open we go here to "Edit" and "Paste".

Here's our screen shot and we'll go to "File", "Save As..." and then I'm going to select the Desktop as my destination. I'll give the file a name, and i'm going to change the type from B-M-P to JPEG and hit Save.

When that's done, I have my picture sitting on my desktop waiting to be uploaded to the internet.