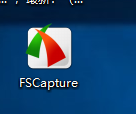
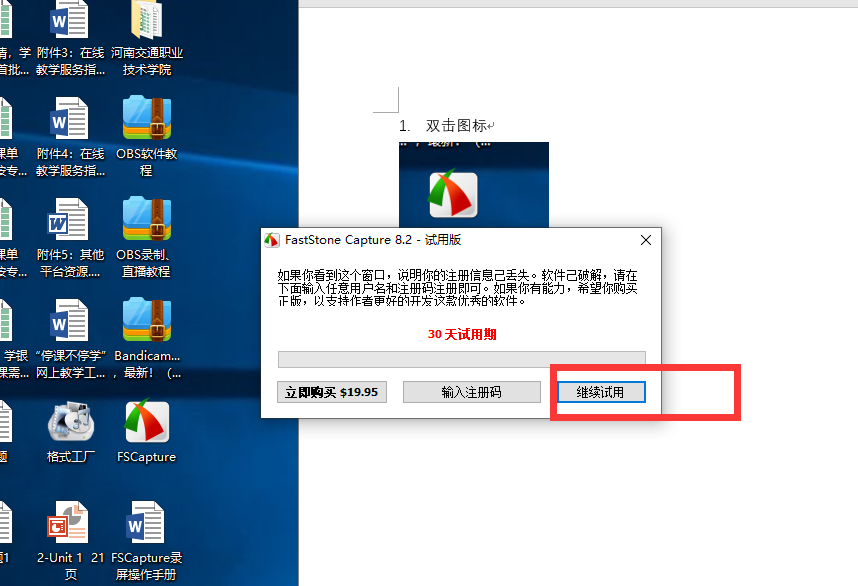
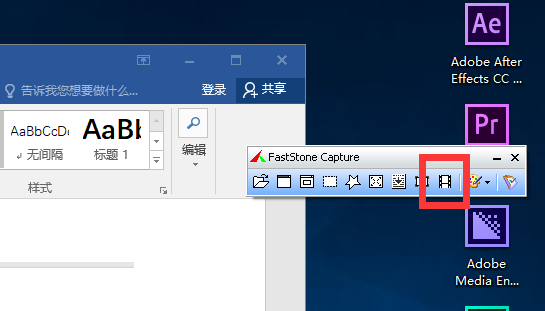
1. 双击图标



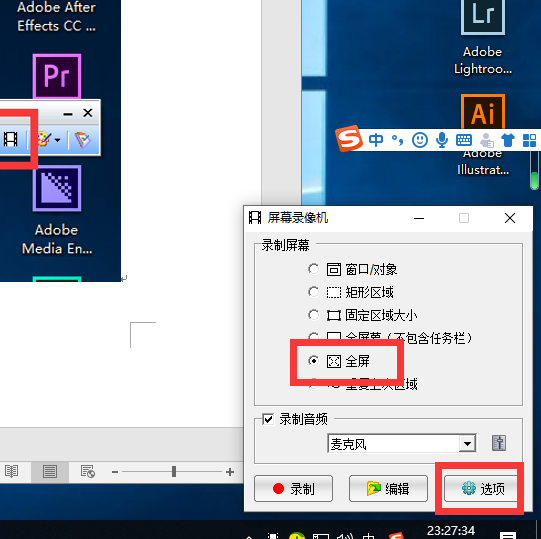
1. 点击“继续试用”



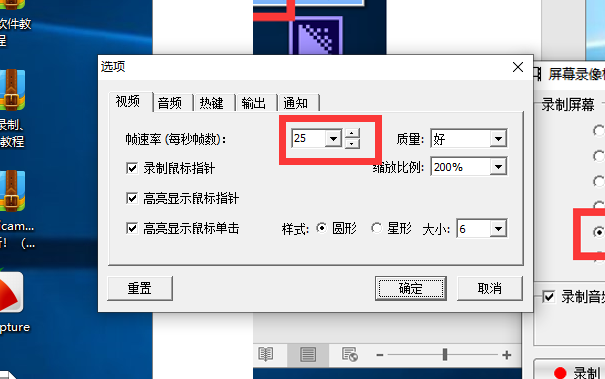
1. 点击红框标注的图标



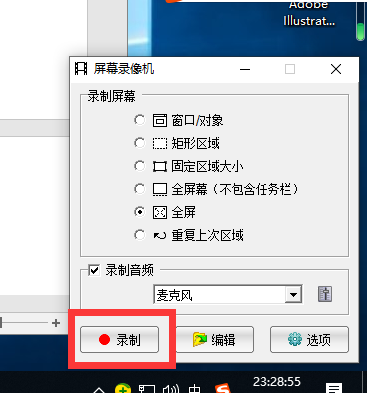
1. 选择“全屏”，选择“选项”



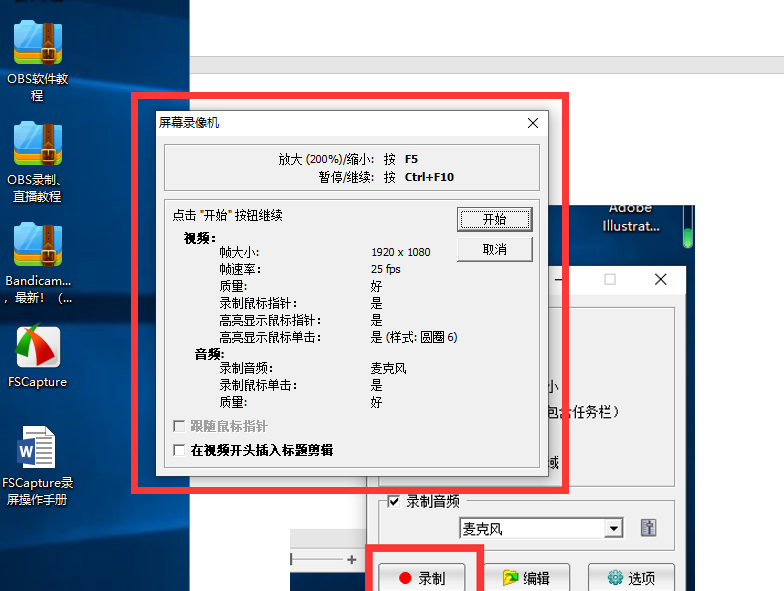
1. 帧速率调整为“25”



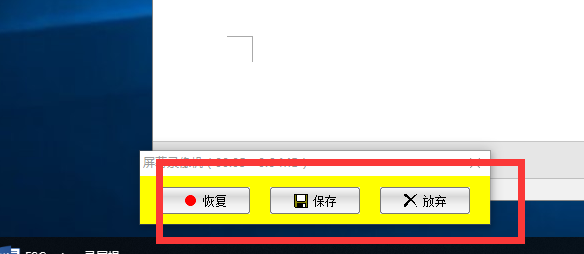
1. 点击录制



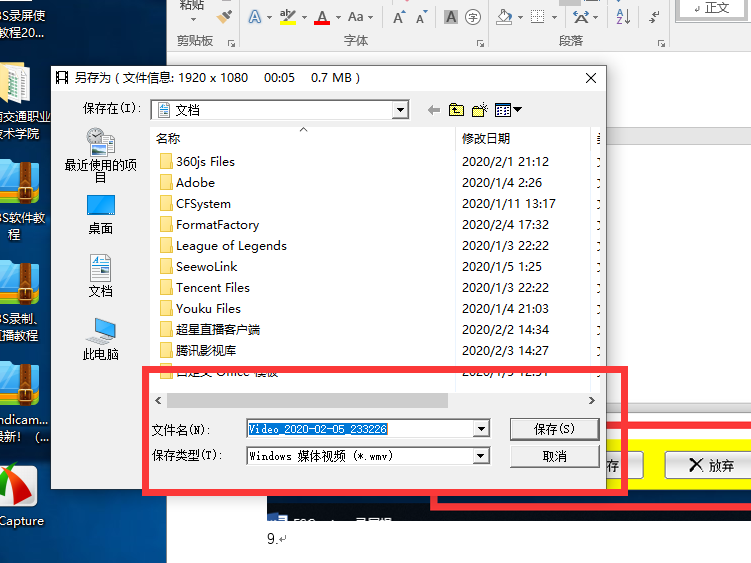
1. 点击“开始”，注意快捷键“ctrl+f10”是结束录制



1. 按下“ctrl+f10”之后，点击“保存”



1. 点击“保存”，保存视频



1. 到相应目录里面找到视频，上传学习通云盘，建设好课程，从云盘调取您录制好的课程视频

