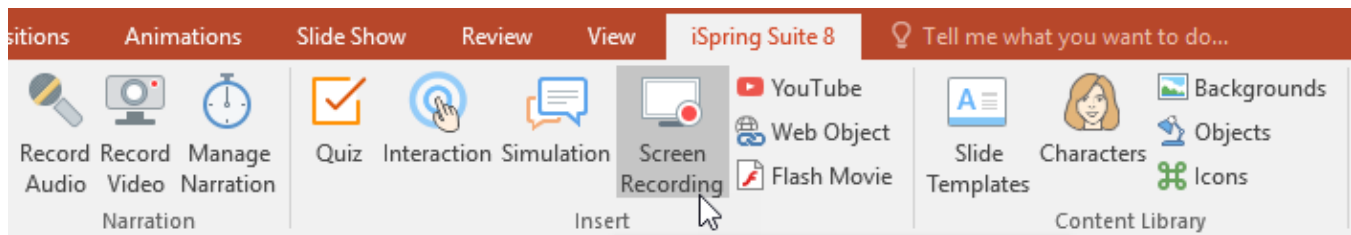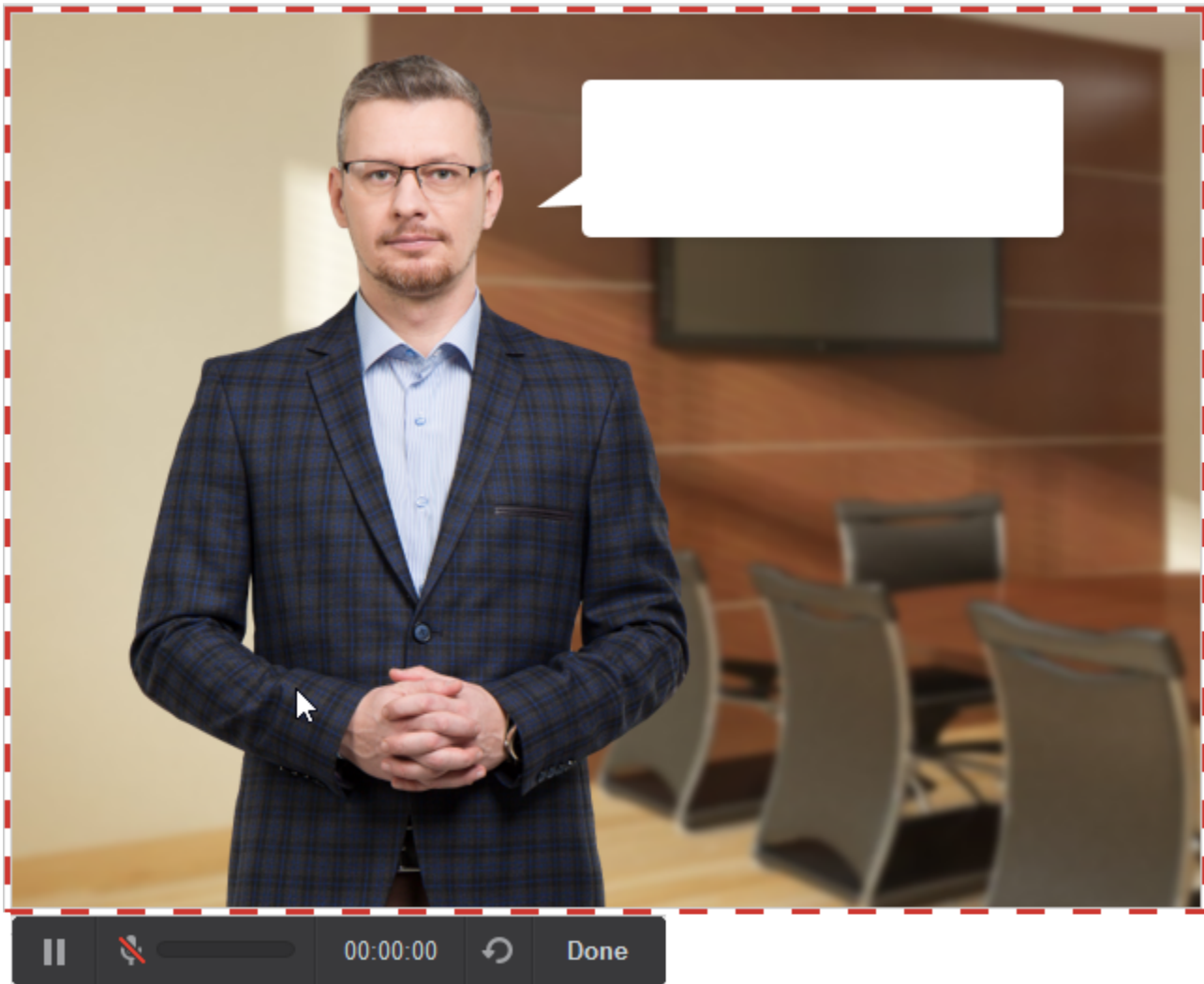# Inserting Screen Recordings

To add a screen recording to your presentation slide, from the iSpring Suite 8 toolbar, click **Screen Recording**.

Choose whether to **create** a new recording or **browse** for a screen recording that you previously created. Additionally, you can choose a recording in the Recent recording list.

Select the **recording area** and start recording your screen, slide or a specific application. Click **Start** to begin the recording. Click **Done** when you finished.

Upon completion, iSpring Suite will show you the Preview window where you can edit your recording with iSpring Video Editor, save it to an **mp4 video file** or iSpring **project file (*.**screenrec), insert it right into your presentation, and upload it to YouTube.

To insert the recording to a slide and return to your course, click **Save and Return** in the View Recording window.

Read the iSpring Cam Guide to learn more about the new features of iSpring Cam.