Video Compression Guide for Mac OS X Users

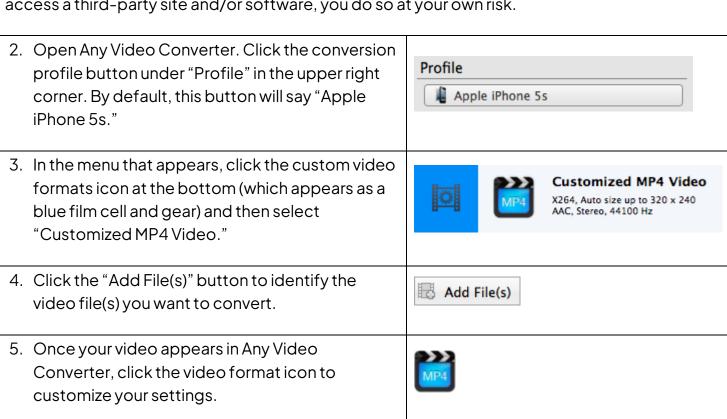
You may need to use a video compression/conversion tool to:

- Reduce the size of your video file for uploading
- Convert your video into a file format that meets the requirements of the assessment. The approved formats include: .flv, .asf, .qt, .mov, .mpg, .mpeg, .avi, .wmv, .mp4, and .m4v.

Please follow these instructions to download and run this free software tool:

1. Go to https://itunes.apple.com/us/app/any-video-converter-lite/id479472944 to download and install Any Video Converter Lite 2.0.1 free of charge from the Mac App Store.

Please note that links to third-party software are provided by Pearson as a courtesy, and do not constitute an endorsement of any third-party products or services you may access. If you do access a third-party site and/or software, you do so at your own risk.



Copyright © 2025 Pearson Education, Inc. or its affiliate(s). All rights reserved. Evaluation Systems, Pearson, 300 Venture Way, Hadley, MA 01035

6. Ensure your video settings match those listed to the right. Do not change any other settings.	Codec:	x264
Check the boxes next to "Aspect: Keep Original" and "Apply to All," then click "OK." Optionally, you may save this profile for future use.	Frame Rate:	25
	Bitrate:	256
	Size:	320x240
7. Click "Convert Now" and wait for the process to complete.	Convert Now	
8. To locate your file, click "Task," then select "History." Click the magnifying glass next to your video and your file will be shown in the Finder. Move the file to your desktop, and you're ready to upload it to the Pearson ePortfolio system!	Task History	

For Additional Support

Please visit the program website, <u>www.nc.nesinc.com</u>, to review additional support materials.