# Cheatography

# World Public Health Nutrition Congress (Panopto) Cheat Sheet by colel via cheatography.com/204367/cs/43559/

| <ol> <li>Prepare the compute</li> </ol> |
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Turn on (Restart if already on)

Login

# 2) Download Presentation

Go to"tiny.cc/wphnc2024" and login

Go to "tiny.cc/wphnc2024" again (you should then see the "WPHNC 2024 Content page")

Download presentation

## 3) Open Panopto

Click on link "Load Panopto Recorder"

Select "Blackboard Ultra" from dropdown menu

Click on "Create"

Click "Panopto for Window"

Click "Open Panopto"

Click "Open Panopto Recorder"

#### By colel

cheatography.com/colel/

# 4) Setting up Panopto

Enter the following information into the Panopto window

# Folder "WPHNC 2024"

Name "-Copy title of presentation file and paste into here-" Video "-Select the correct camera for the room-" Audio "-Select the correct microphone for the room-"

Quality "Ultra"

Tick "Capture Computer Audio"

Untick "Capture PowerPoint"

Tick "Capture Main Screen"

Resolution "1920x1080"

fps "25"

kbps "2500"

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#### 5) Setting Audio Levels

Make sure the **Microphone** is in the correct position (not covered)

Get the **Speaker** to speak as they would during the presentation

Adjust the level so there's no **Peeking** (no **Red**, only **Green** and **Yellow**)

#### 6) Setting PowerPoint

Open the Presentation (in PowerPoint)

go to Slideshow (top tab)

Untick Use Presenter View

### 7) Start Panopto Recording

Go to Panopto

Click **Record** (*Red button*) Check recording counter has started

Go to PowerPoint

Open the presentation in Full screen mode or Press F5

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