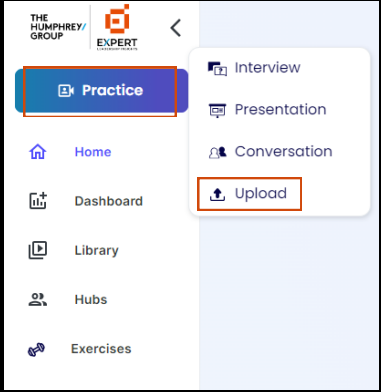


# How to Upload a Video for ELI to Analyze

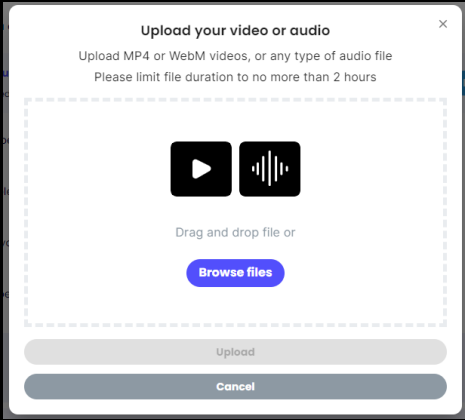


**1**



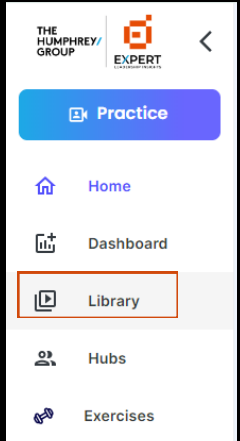
On the lefthand side, click Practice. From the menu options that appear, select Upload.

**2**



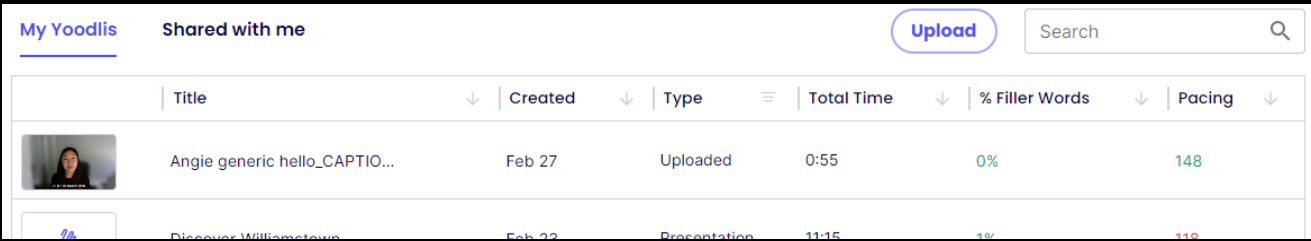
A pop-up box will appear to upload your video. Select Browse files or drag and drop your file into the box.



**3**



On the lefthand side, select Library.

**4**



	Title	Created	Type	Total Time	% Filler Words	Pacing
	Angie generic hello_CAPTIO...	Feb 27	Uploaded	0:55	0%	148
	Discover Williamstown	Feb 22	Presentation	11:15	1%	118

Your uploaded video will now appear in your library. Click on it to view ELI's analytics.

