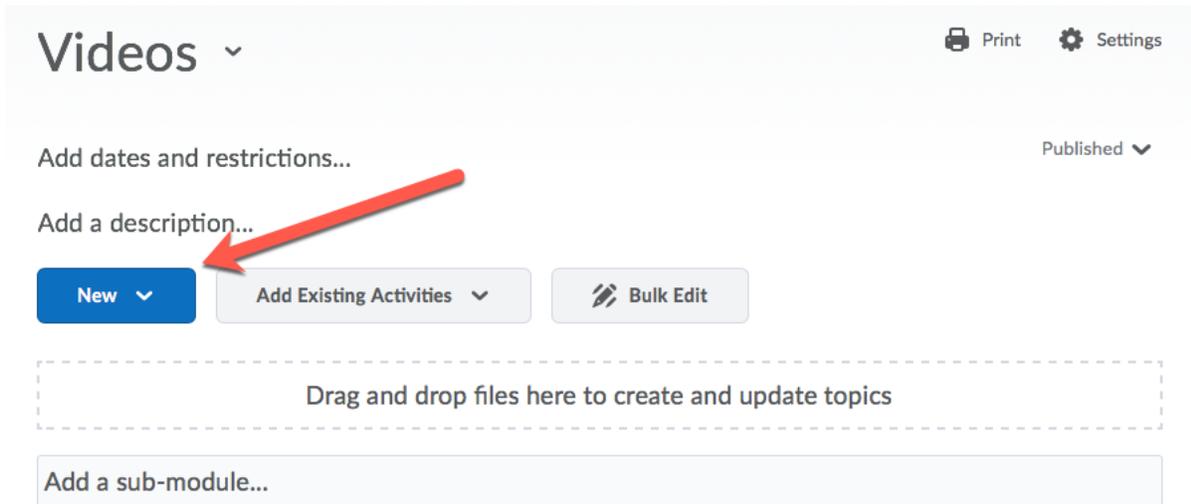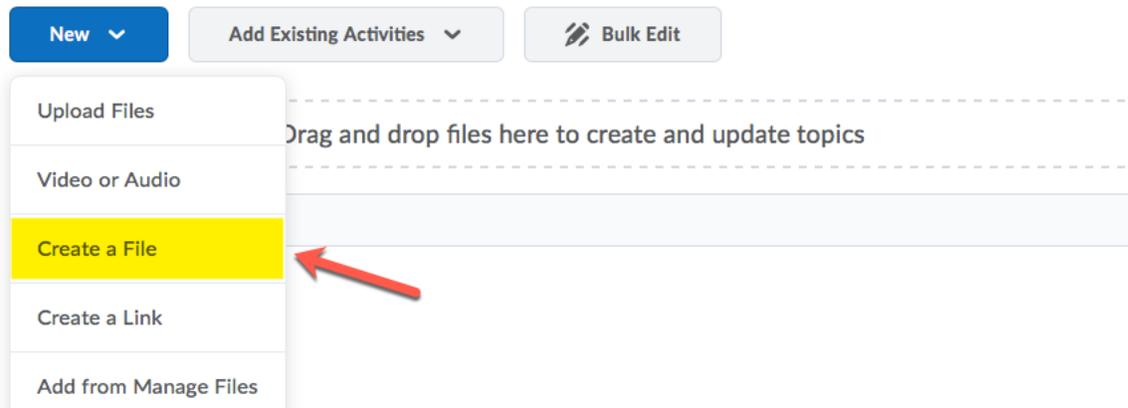# ADDING VIDEO INTO YOUR COURSE CONTENT USING THE INSERT STUFF TOOL
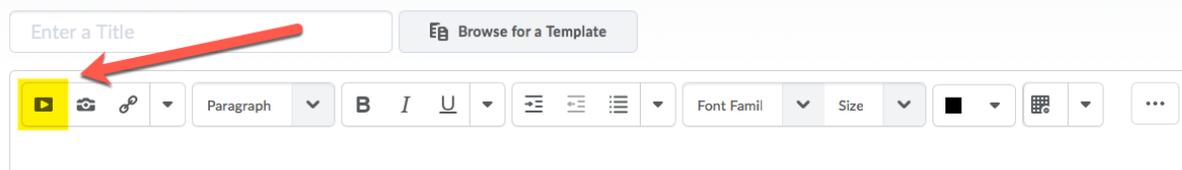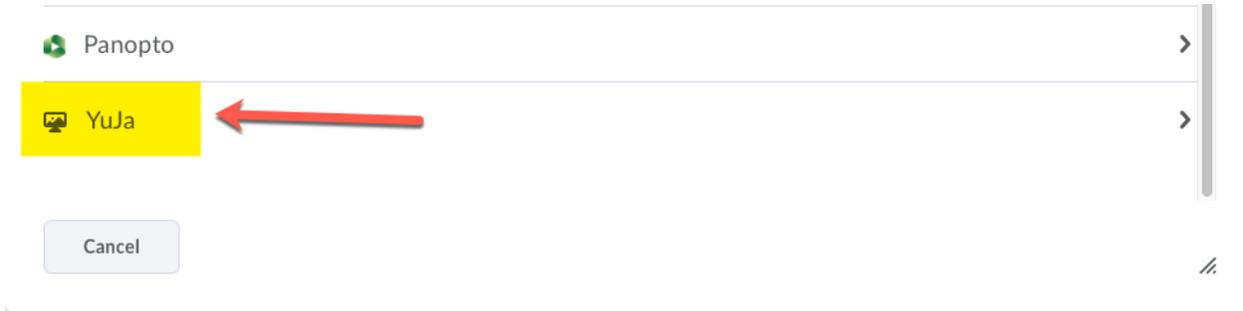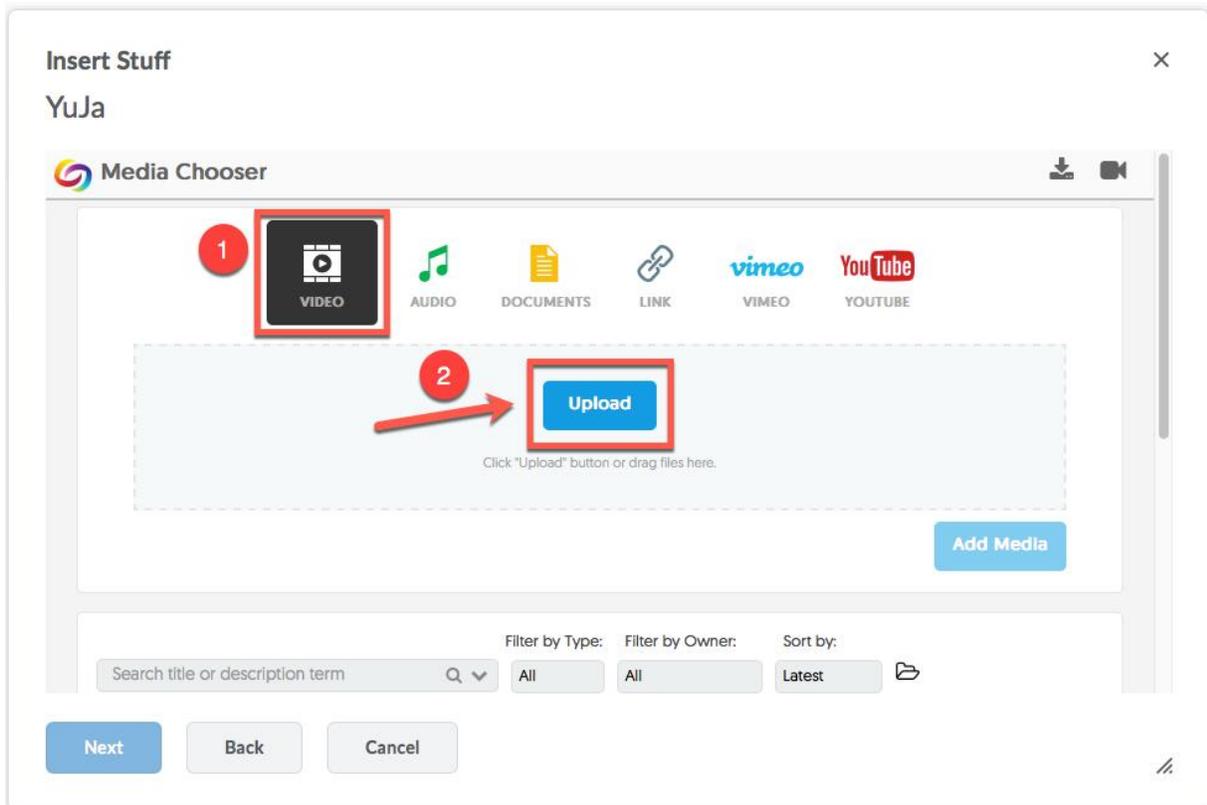
1. Click New.

2. Click Create a File.

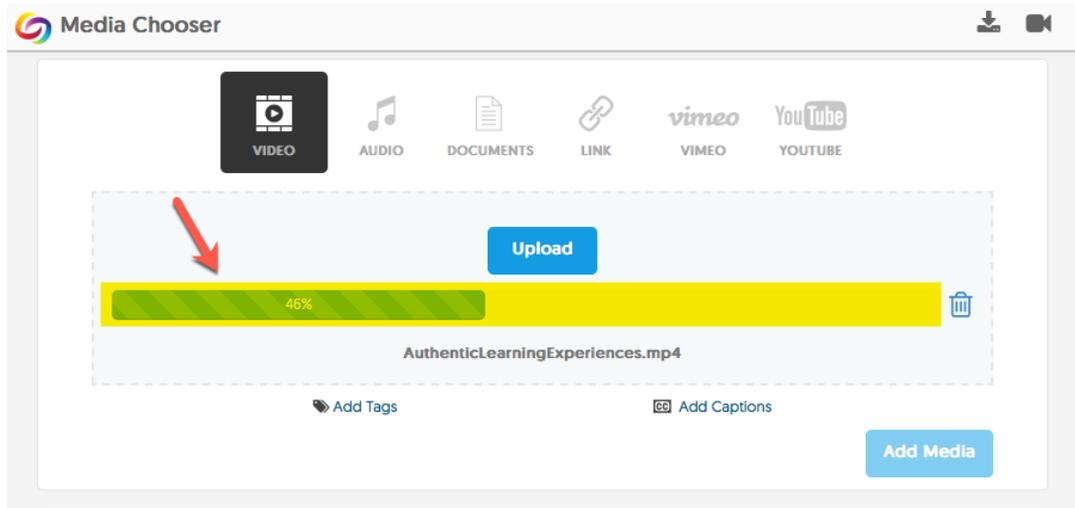3. Click Insert Stuff icon that's on the left.
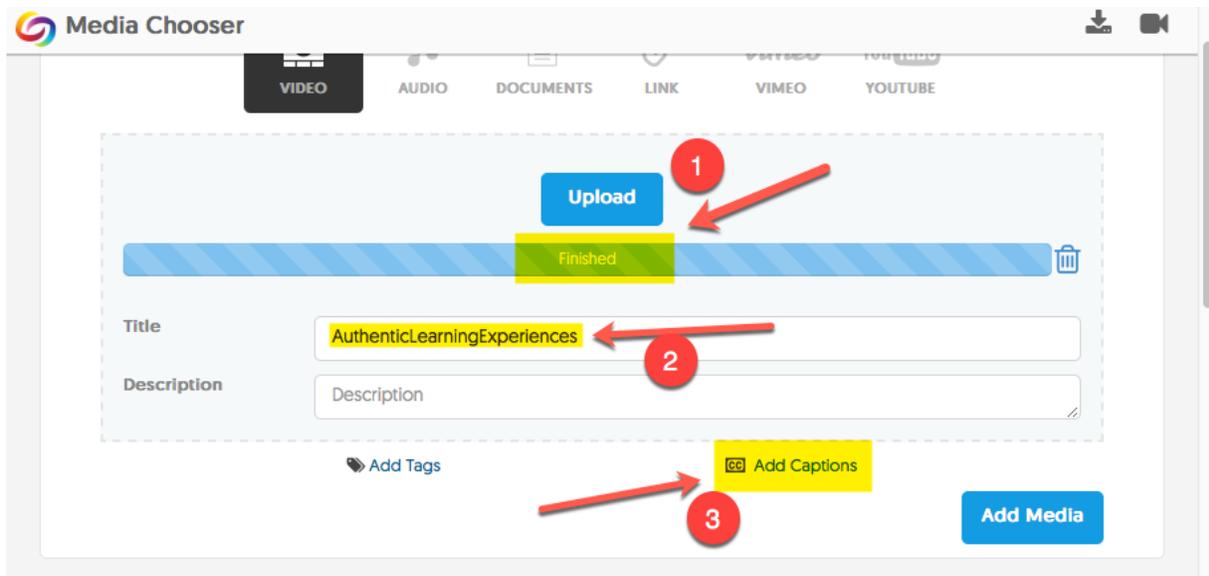
4. Select YuJa from the list.

5. Make sure **Video** is selected and then click **Upload** to upload your video.
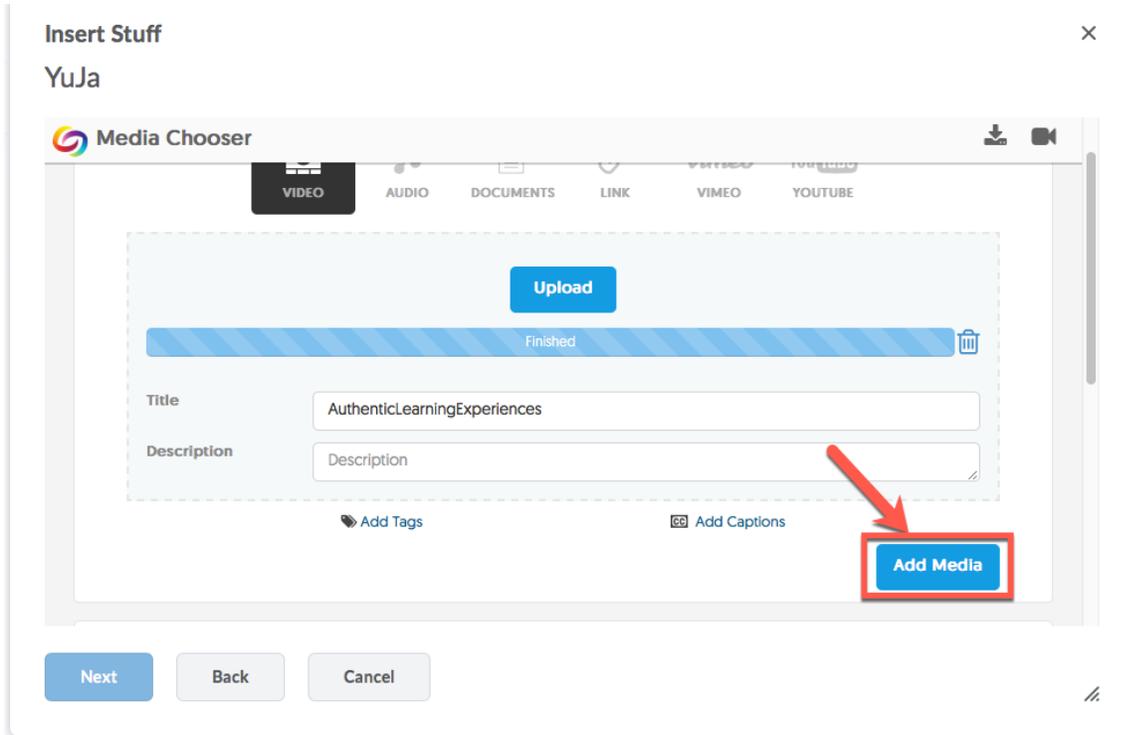
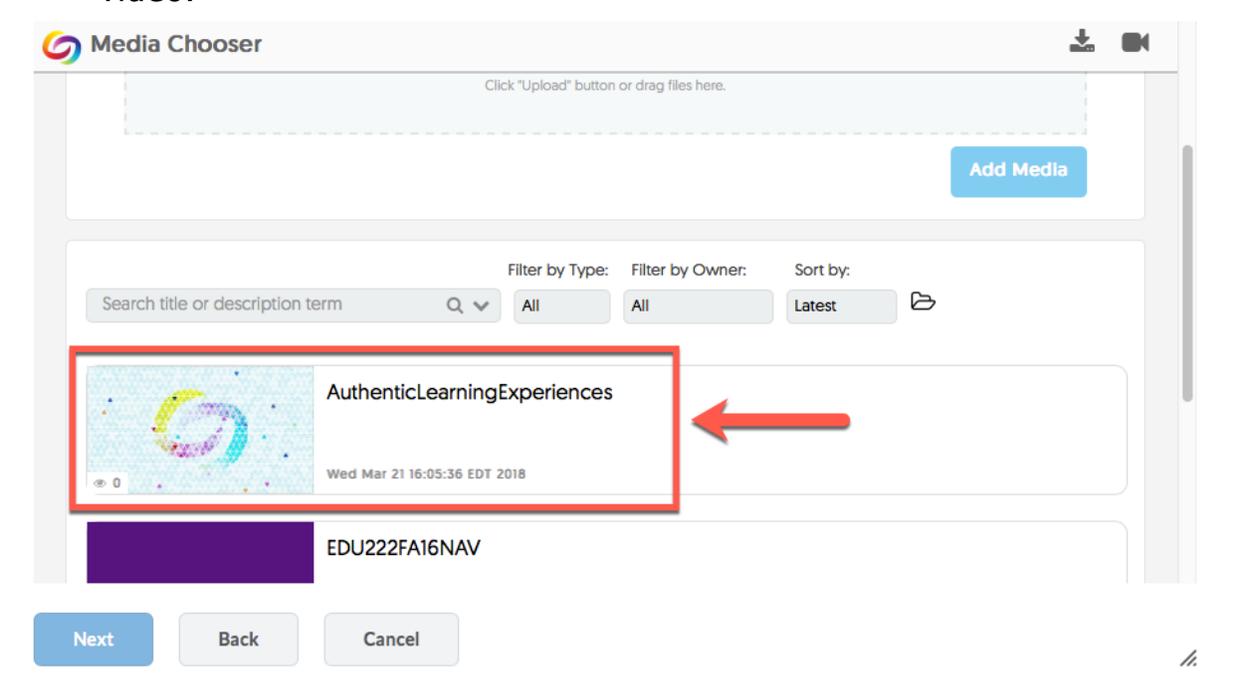6. Your video will start uploading. Wait until the upload is complete.

7. After the upload is finished, give your video a **title**. The video will automatically caption in English. Click **Add Captions** to select another language.
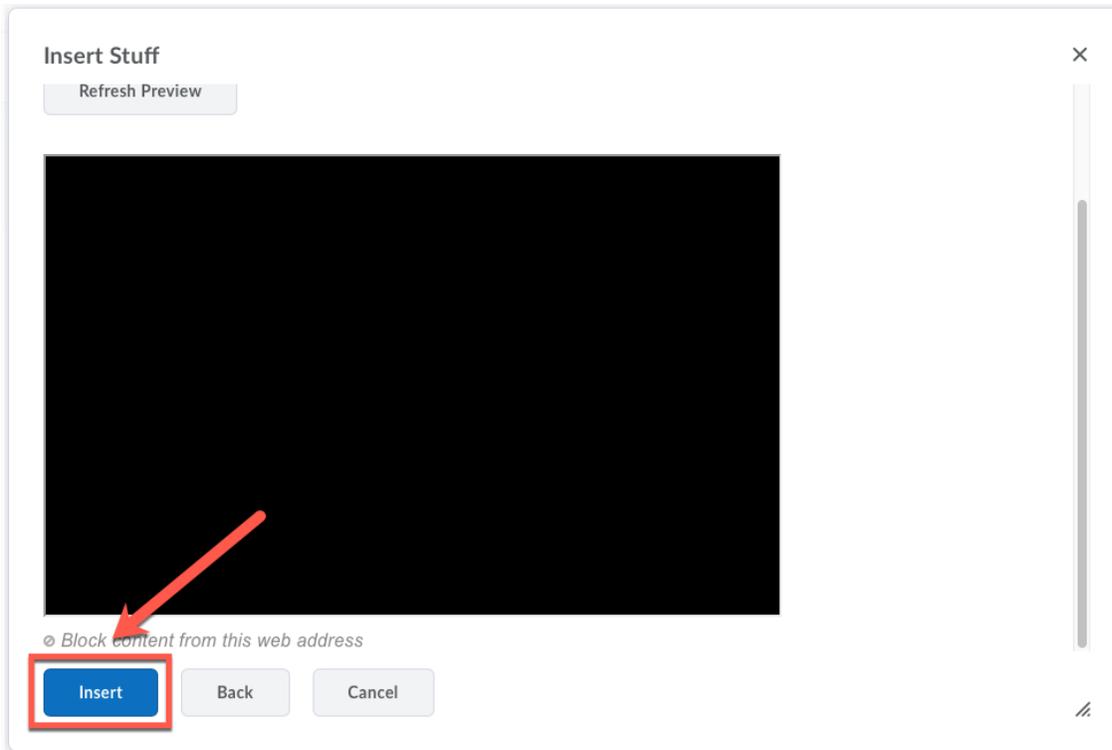
8. Click **Add Media** to finish uploading.
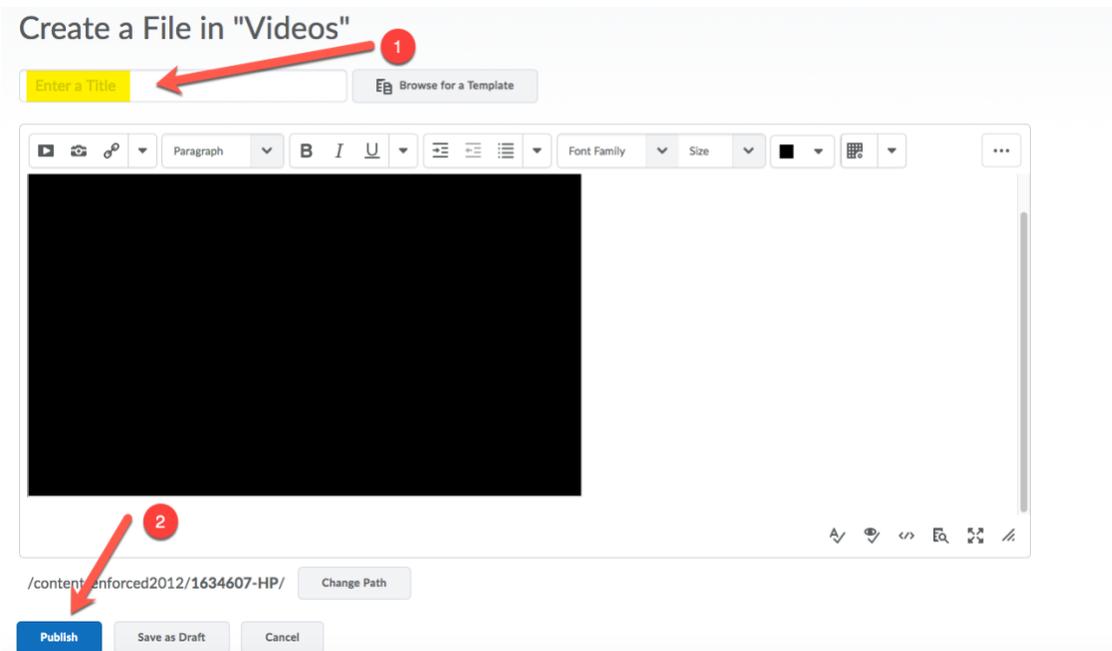

9. You can see your video added into your course folder. Click on your video.

10.   Click **Insert** to embed your video into your course content.

11.   Give your video a **title** and then click **Publish**.

12. You can watch your video once it's published in the course content.