



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 which meets the requirements of the assessment. The approved formats include: .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>