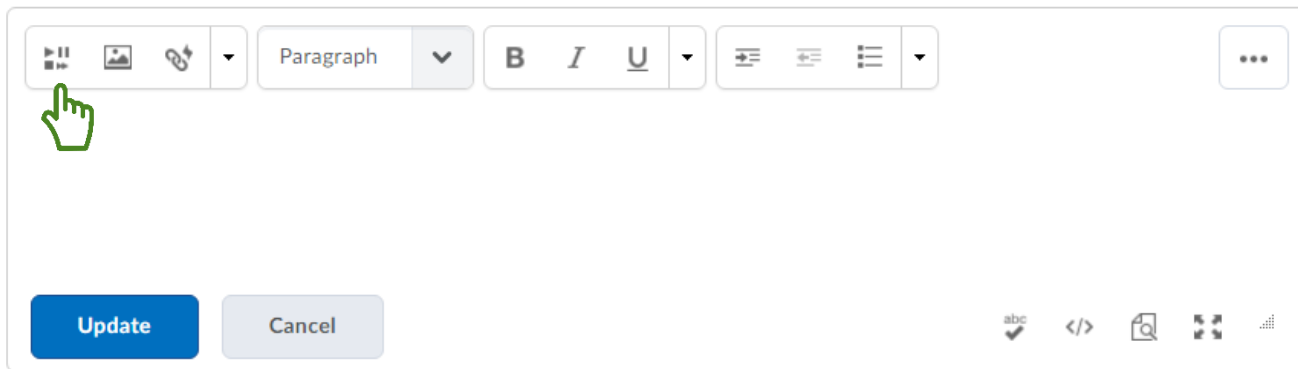## How do I insert stuff into my course?

The Insert Stuff link is available anywhere in the course where the text entry box is available. This includes content item descriptions, discussions, syllabus, assignments, tests.

1) Inside a text entry box, click the **Insert Stuff** icon.

2) Use the left-hand navigation to select what type of stuff to insert. Some of the stuff you can insert is:

My Computer (files from your computer), **Video Note** (a quick webcam recording), **YouTube, Flickr, Link** (website address)**, Embed Code** (an html code from another website)

3) After selecting/uploading the file or item you want to insert, click **Insert.** For this example, a file from My Computer is being inserted.

4) In the text entry box, click **Update.**