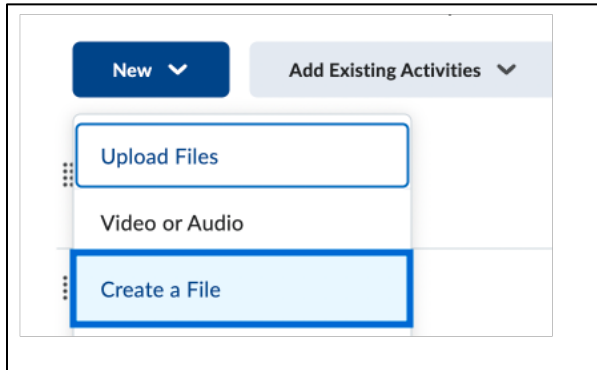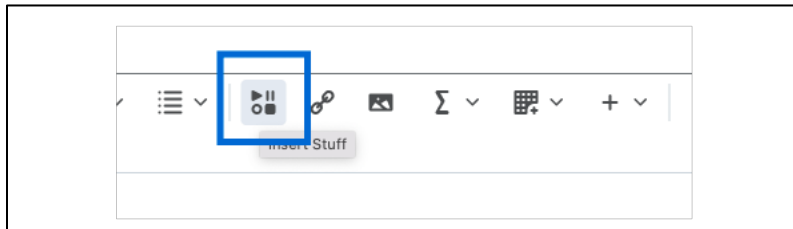# MTSU ⊙nline
Embed a Panopto Video in D2L
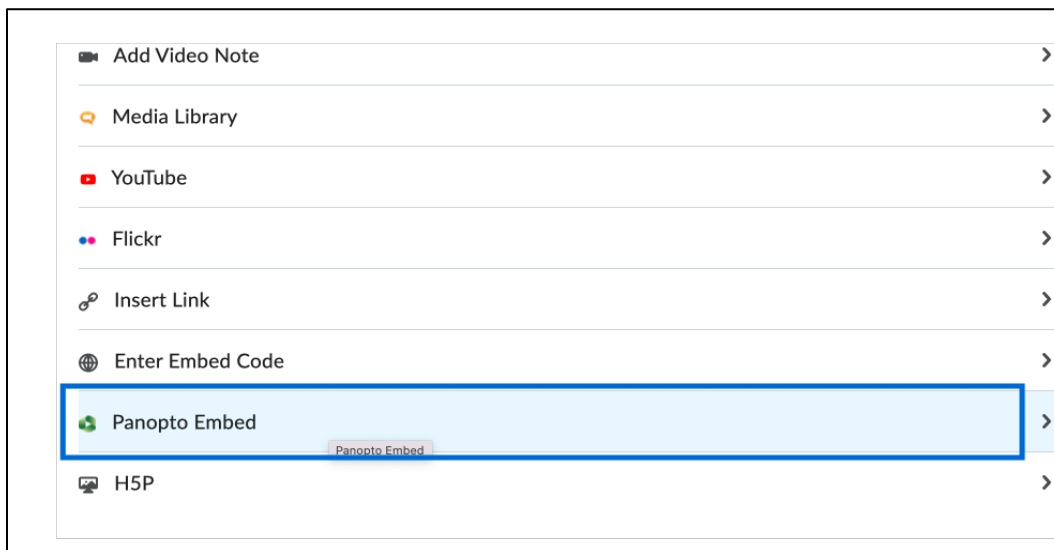# by Using the Insert Stuff Option

Step 1: Open D2L, navigate to the location where you intend to insert the video, then click on **New** to create a file.

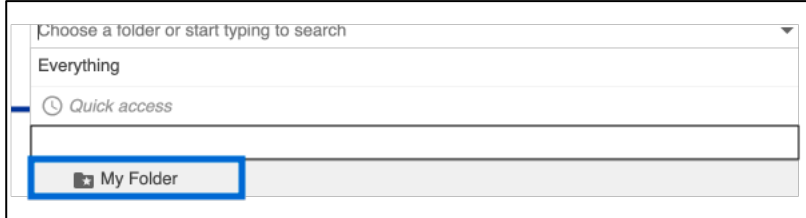**Step 2:** Click on **Insert Stuff** to insert the Panopto video.

Step 3: Select **Panopto Embed**.
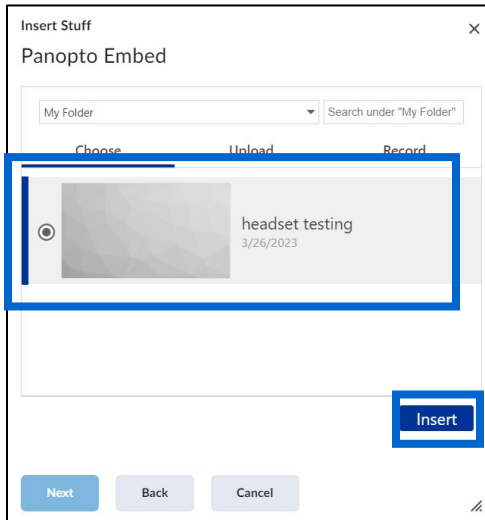
MTSU Online
Embed a Panopto Video in D2L
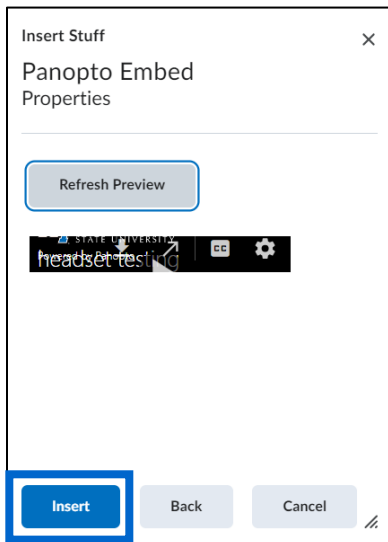## by Using the Insert Stuff Option

Step 4: Locate **My Folder** by clicking the drop-down menu near the top of the pop-up window.

Step 5: Select the video to be embedded, clicking the radio button to the left of the video title and then clicking the **Insert** button.
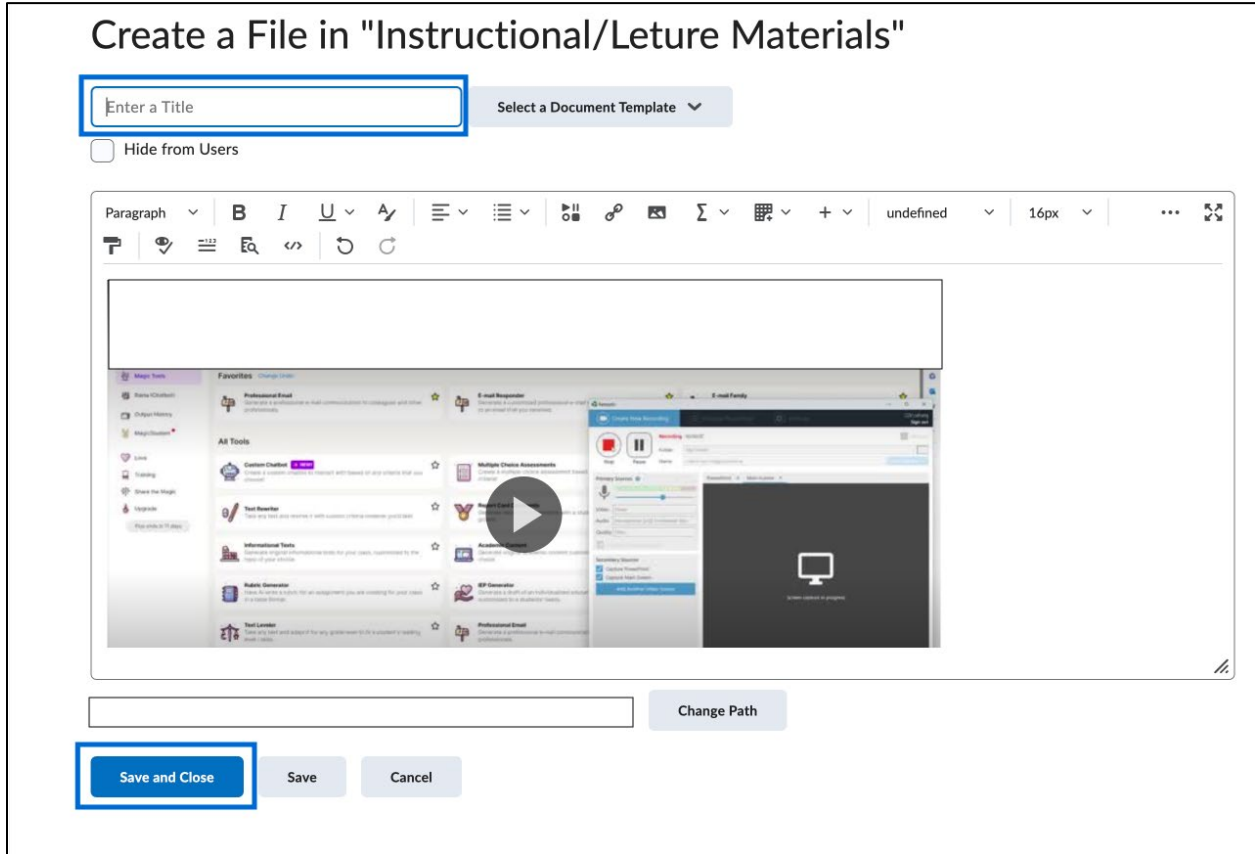

Step 6: Click the **Insert** button on the Preview screen that appears.

Embed a Panopto Video in D2L
by Using the Insert Stuff Option

Step 7: Preview the video, enter a title, and click **Save and Close**.