# Project Embedding Option

1. Navigate to the Discussion page in your course that calls for a Panopto hosted presentation, and click into the post's **Reply** area.
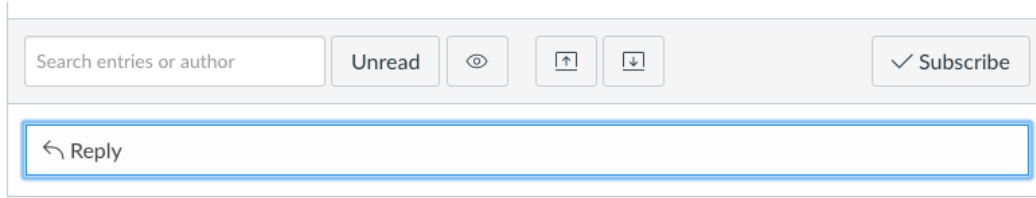
2. Identify and select the Panopto app icon.
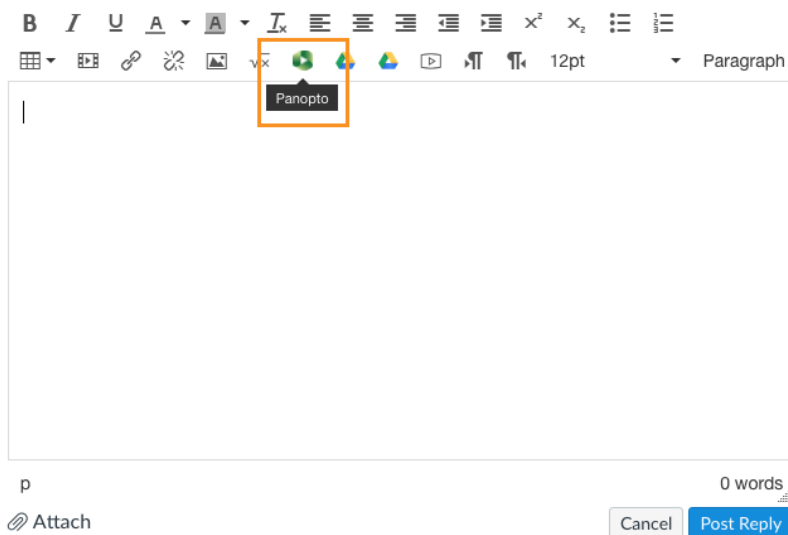
3. When the Panopto window opens in a pop-up, select the video you are submitting, and click the purple Insert button. The Insert button can sometimes appear cut off in the lower right of the Panopto window.
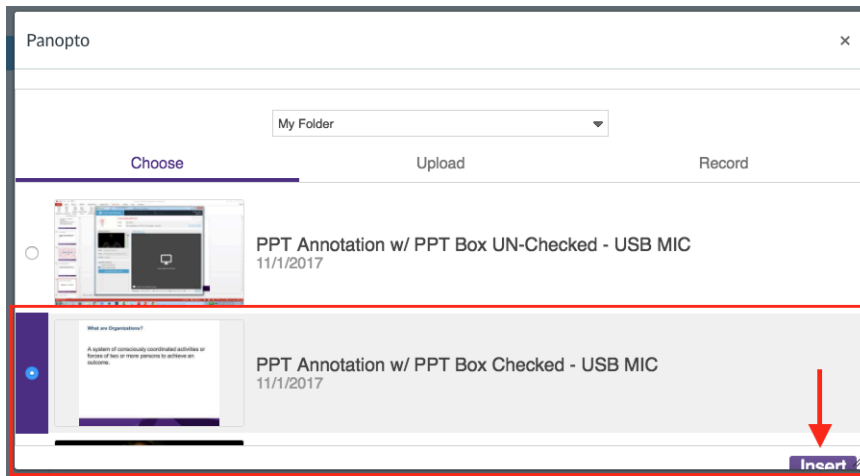
4. A thumbnail of your video will appear in the Text Entry window. Add any comments you wish to share then click **Post Reply.**

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