Stroupe

**Cheat Sheet:**

**Recording System Audio Internally on a Mac**

**1.** From the web site <https://rogueamoeba.com/audiohijack/> download the software Audio Hijack.

**2.** Decompress (unzip) the downloaded software package (usually double-clicking does this).

**3.** When prompted, allow the software to install the additional “audio handling software” and then (again, when prompted) restart your Mac to finalize the installation.

**4.** For the sake of convenience and order, move the software from your Downloads folder to the Applications folder. If desired, make an alias for the bottom dock of your desktop.

**5**. Open the application “Audio Hijack” and watch the introductory short video about using the software to record and save audio.

**6.** After you record something, click the “Recordings” tab at the top of the software interface, then select the new recording in the list.

**7**. With that recording highlighted, click the “Actions” button at the bottom and choose “Reveal in Finder.”

**8**. Move the .mp3 file of the recording to a location where you can find it: ideally with other resources for your project.

**9**. In Audacity, choose File > Import and then navigate to the .mp3 file to import it as a track into Audacity, where you can mix it with other tracks and save the new remix.