



## HOW-TO: Capture, Locate, and Upload a Screenshot Shot on Oculus

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Hi all,

Below are step-by-step instructions on how to upload screenshots from your Oculus Quest 2's -- this is necessary to document your participation in our VR journeys (whether you attend synchronously or asynchronously).

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1. Hold down the Oculus button on the right controller, and press the trigger on either controller (while still holding onto the Oculus button). You will hear a screenshot sound and a notification at the bottom of your field of view, confirming you've taken a screenshot.

1B. [Alternative way that takes a bit longer]: While you're using an app, you can press the Oculus button. You should see several options pop up in the bottom menu, including 'Record Video' and 'Take Photo'.

To access your screenshot,

2. Use your included USB cable to connect your Quest 2 and personal computer (PC)/laptop. This is the same cable that is used for charging the headset.

2a. [If you have a Mac] Download and install the Android File Transfer [software](#) <sup>↗</sup>, which will allow you to access the Oculus' filesystem on your Mac.

3. Within the headset, allow your computer to access the data ('I Trust this Device')

4. Locate your screenshot file: "Quest 2 > Internal shared storage > Oculus > Screenshots"

5. Upload this screenshot file to the Assignment on Canvas.

If you have any questions or issues, feel free to post them in our tech support thread under "Discussions"!