

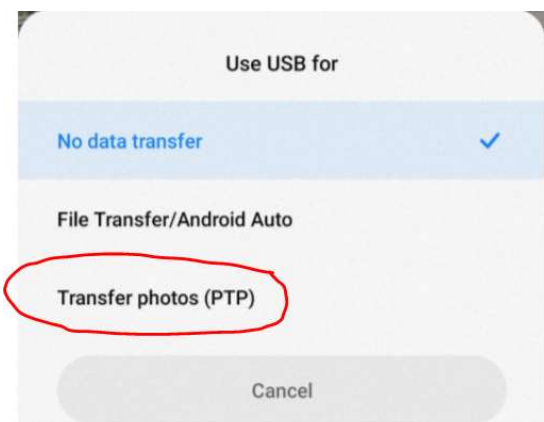
1. First, capture the image or record the video on a hand phone.



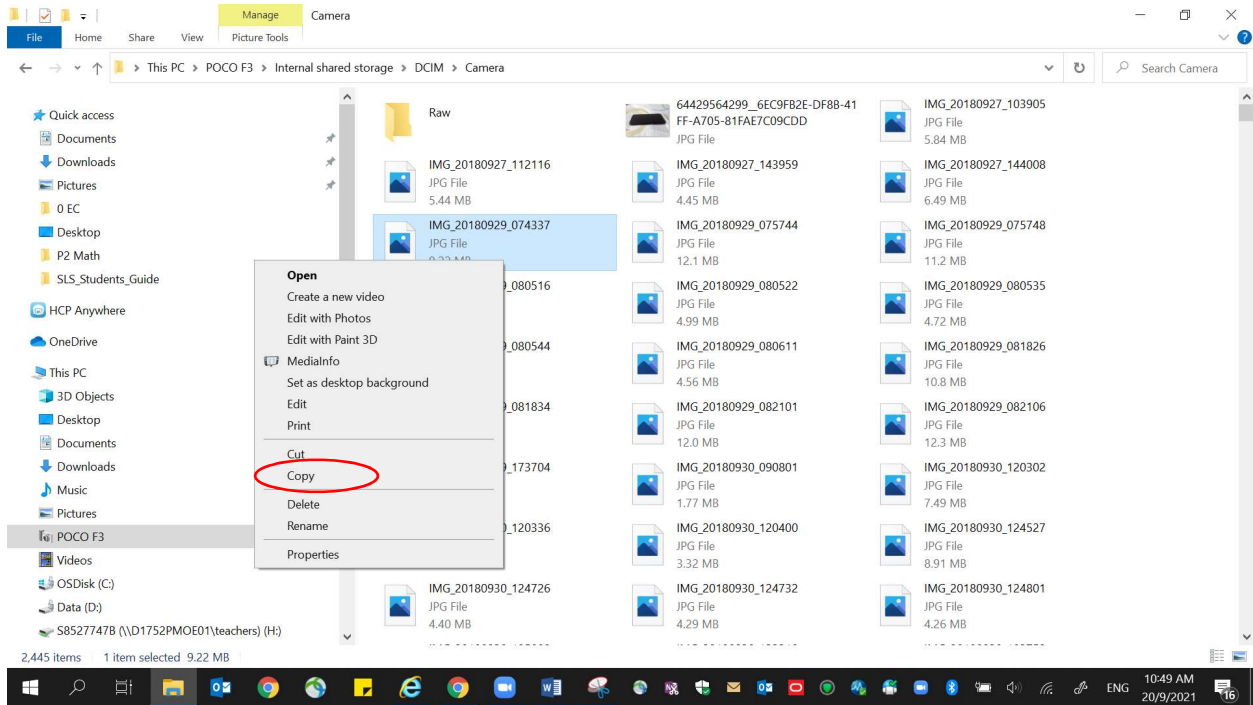
2. You can choose to do the following to upload your image/video into your computer:
 - a) Email the clip to yourself
 - b) Connect your phone to the computer using a **cable**



3. Choose the following option.



4. Select the image/video, right click to copy the file.



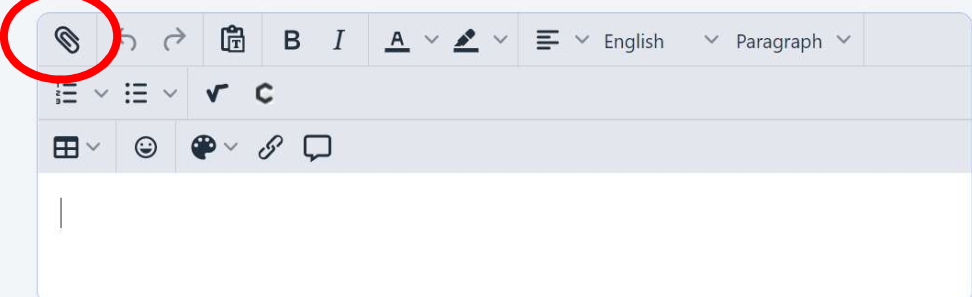
5. Go back to desktop, right click and select paste. If you have emailed the file to yourself, save it on your desktop.



6. In SLS, click on the paper clip icon as follows to upload your image or video.

INSTRUCTIONS
Upload a file with your answer. You can attach up to 10 files.

Upload a picture/video of your day at home.

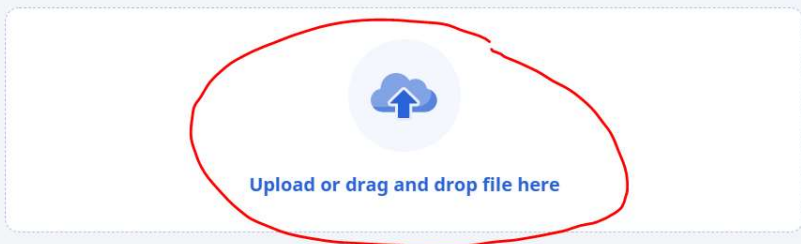


The screenshot shows a rich text editor toolbar. The paper clip icon, used for file uploads, is circled in red. Other icons include undo, redo, insert table, bold (B), italic (I), text color (A), background color (brush), bulleted list, numbered list, link, unlink, and comment. Below the toolbar is a text input field. At the bottom right, there is a 'MARKS' section with a value of '[1]'. At the bottom center, there are two buttons: 'SAVE AS DRAFT' and 'SUBMIT'.

7. Click on 'upload or drag and drop file here'.

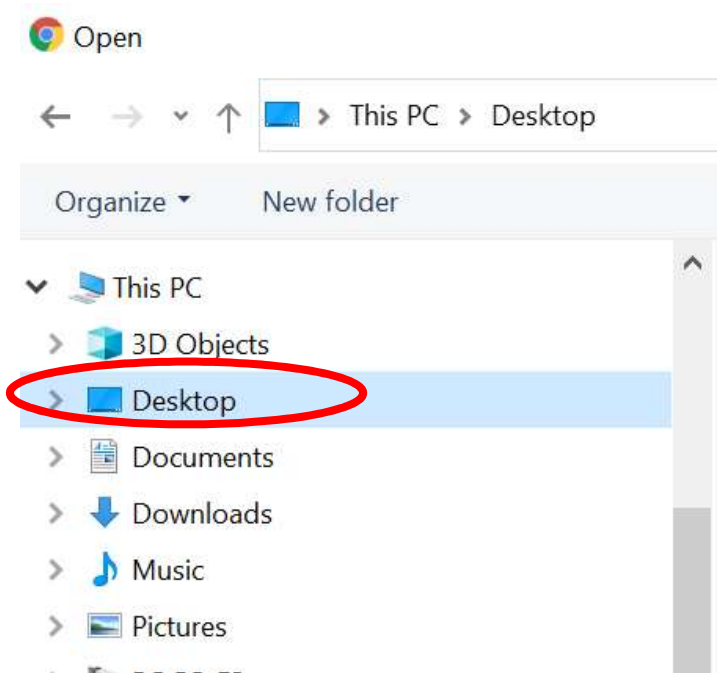
Upload File ×

Please refer to the list of acceptable file types and sizes [here](#).

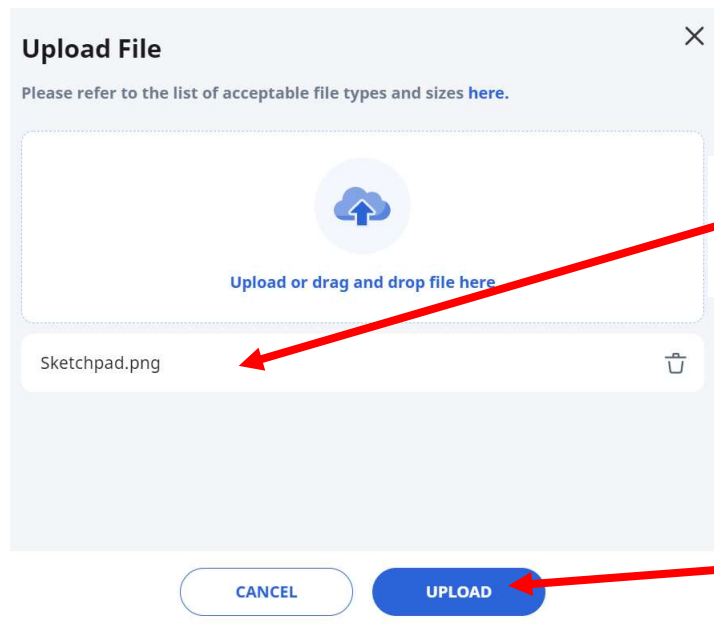


The screenshot shows a dialog box titled 'Upload File'. It contains a large dashed-line box with a blue cloud and upload arrow icon in the center. Below the icon, the text 'Upload or drag and drop file here' is displayed. The entire dialog box is circled in red. At the bottom, there are two buttons: 'CANCEL' and 'UPLOAD'.

8. Select desktop where the image/video was saved.



9. Select your image/video and double click on it.



a. Your image file name appear

b. Click upload

Note: If you are using you're a tablet or hand phone to access SLS, you can capture the image/video on your tablet/ hand phone and upload them directly on SLS.