

Quicktime - Recording Screen

To Pause:

1. Open Quicktime
2. Click File -> New Screen Recording
3. Click View -> Float on Top
4. Move the "Screen Recording" Dialog Box to a place that the recording won't take place
5. Click the red recording button to start the recording
6. To pause, go to the Dock bar and select Quicktime, the dialog box will appear
7. Keep pressing Alt (Opt) button and click the pause icon.
8. To continue the recording click the red button

To Trim:

When the video is finished and opened, click Edit -> Trim... or click ⌘ + T