Procedure for adjusting sound levels if recording a third party source such as a video inside a PowerPoint presentation:

These are system settings, not the Configuration settings in Personal Capture. (In Configuration, set for the devices used, such as the USB Headset.)

When recording on a Mac in Personal Capture, consider the Sound Preferences settings. If using a third party source such as a video in a PPT, the Output volume should be set to "Internal Speakers," and may need to be raised, while the Input should be set for the "USB Headset," and might need to be lowered.

On Windows 7

These settings allow you to record any sound playing through your computer's sound card for Windows 7:

1. Select your sound properties through the control panel or the sound icon in your system tray.
2. Click on the properties tab.
3. Check the recording box.
4. Make sure Wave Out Mix is selected (It's sometimes called stereo mix, or mono mix).
5. Now you should be able to set Wave Out as your default for recordings made by Audacity or other audio recording programs.