

Tech Tip: How to slow down audio, video, mp3 and music (Windows Media Player, QuickTime, and Audacity)

HOW TO BE ACTIVE LISTENER? An effective strategy when learning a foreign language is to slow down the sound of video and audio materials. Slowing down the audio gives you more time to think and focus on both the form and meaning of what is being said. Another good practice is to use the pause button to take notes.

WHAT PROGRAMS SLOW DOWN SOUND?

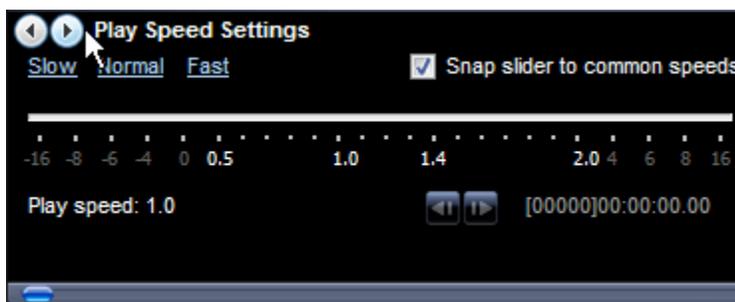
- On the PC, use the QuickTime or Windows Media Player.
- On the Mac's, use the QuickTime player.
- You may also use Audacity (on both PC's and Mac's) to slow down and *save* your audio files for later use.

*Note: Slowdown programs modify the **tempo**, not the pitch; tempo modifications do not distort the voice.*

Slowdowns Using Windows Media Player (for **wmv** (video) and **mp3** (audio) files)

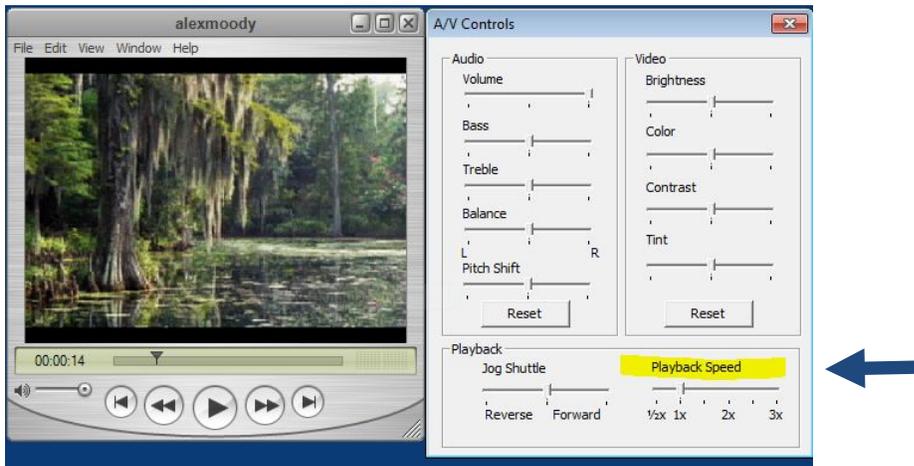
1. Play a file, and then switch to Now Playing mode: click the Switch to Now Playing button  in the lower-right corner of the Player.
2. Right-click an open space in the Player (e.g., to the left of the Stop button) , point to **Enhancements**, and then click **Play** speed settings.
3. Move the Play Speed slider to the speed at which you want to play the file, or click the Slow, Normal, or Fast links.

Note: **Slow Normal** and **Fast** are preset speeds. Normal is 1.0 (default), Slow is 0.5, and Fast is 1.4.



Slowdowns Using QuickTime (mp4 (video) files)

1. On the menu bar, open the “Window” tab and scroll down to A/F controls.
2. To easily adjust the controls, place the A/V controls and your video side-by-side while you are watching the video.



Slowdowns Using Audacity Software (mp3 (audio) files)

Changing the Tempo:

1. Open the audio file and select the audio to be changed. On the menu bar, open the “*Effects*” tab > *Change Tempo*. A dialogue box will open. Move slider as appropriate. Preview.

