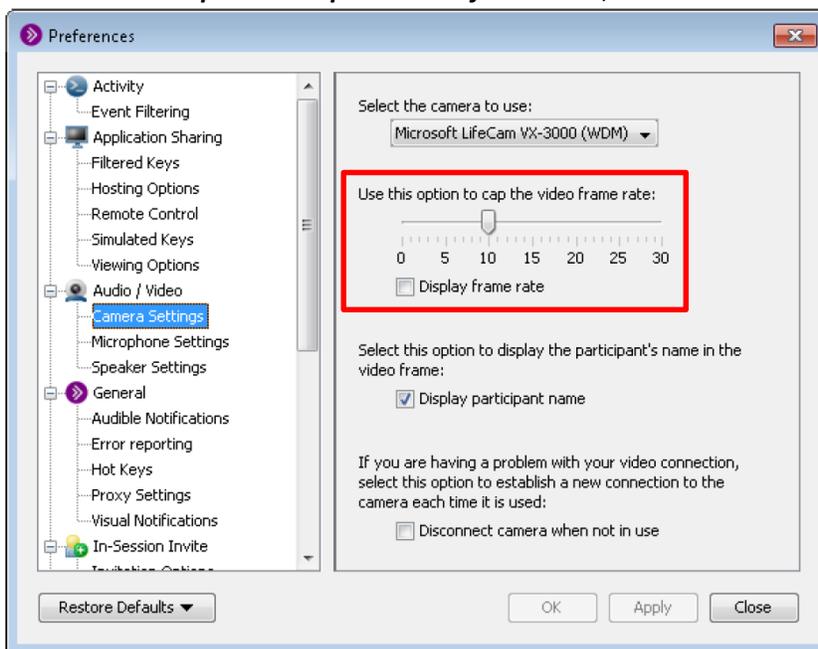# Setting the Video Frame Rate

Why is this important?

The frame rate is the number of video frames per second being transmitted or received. The default rate is 10 frames per second. The higher the frame rate, the higher the bandwidth being used. To reduce the load on your Internet connection, you can choose to receive video at a frame rate lower than what is being transmitted. However, you need to be careful not to put it too low or you may find that the quality of the video is compromised (making it jerky or blurry).

Raising the frame rate will improve the quality of the video only up to a point. Ideally, the frame rate should be set at the lowest possible value that will maintain good video transmission for the type of video being transmitted. For video with little movement, such as when you are having a conversation using your web cam ("talking heads"), a frame rate of 5-7 should be sufficient. Setting the frame rate higher than 7 would not improve your video quality, but would only increase the bandwidth load on your connection.

Solution

Change your Video Frame Rate settings in the Preferences dialog.

1. Open the Preferences dialog in one of the following ways:
   a. From the Edit menu, select Preferences… (Windows & Linux)
      From the Blackboard Collaborate web conferencing menu, select Preferences (Mac OS)
   b. Enter **Ctrl+Comma** (Windows & Linux)
      Enter **Command-Comma** (Mac OS)
2. In the left pane of the Preferences dialog, select Camera Settings under Audio/Video. The Camera Settings preferences panel appears.
3. Under *Use this option to cap the video frame rate*, move the slider to the desired value.

4. If you wish to show the frame rate in the top left corner of the primary video display, select the option *Display frame rate*.
5. Click on **OK** to save your preferences and close the Preferences dialog, **Apply** to save your preferences and leave the Preferences dialog open or **Cancel** to close the Preference dialog without saving any of your changes.

When you configure preferences, Blackboard Collaborate web conferencing will remember the settings each time you join another session on the same computer.