



MacBook Pro Essentials

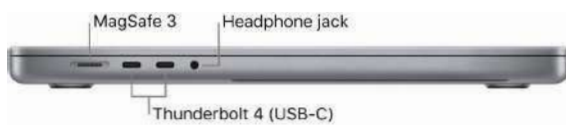
MacBook Pro at a glance

Take a tour: 14-inch and 16-inch MacBook Pro

Note:

This guide is for the currently shipping MacBook Pro models. If you're not sure which model you have or want to find information and documentation for other models, see the Apple Support article [Identify your MacBook Pro model](#).

The 14-inch and 16-inch MacBook Pro models have the following features. Not all features are available on all MacBook Pro models.



MagSafe 3 port:

Plug in the included USB-C Power Adapter to recharge the MacBook Pro battery. The indicator light glows amber when the battery needs to be charged, and green when it's fully charged. Charge your battery quickly—up to 50 percent in about 30 minutes—on the 14-inch model with the 96W USB-C Power Adapter, and on the 16-inch model with the 140W USB-C Power Adapter.

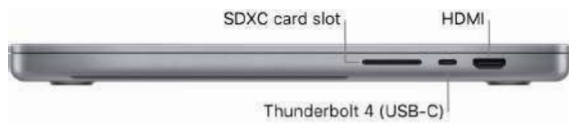


Thunderbolt 4 (USB-C) ports:

Transfer data at Thunderbolt speeds (up to 40 Gbps), connect to a display or projector, connect to USB 4 peripherals, and more. The ports can also charge devices, such as an iPhone or a rechargeable trackpad or keyboard.

3.5 mm headphone jack:

Plug in stereo headphones or external speakers to listen to your favorite music or movies. Your MacBook Pro supports the use of high-impedance headphones without an additional headphone amplifier.



• **SDXC card slot:**

Transfer photos, videos, and data to and from your MacBook Pro, with support for high-capacity SD 4.0 cards.

• **HDMI port:**

Connect your MacBook Pro to a TV or external display. See [Use an external display with your MacBook Pro](#)



• **1080p FaceTime HD camera:**

Make FaceTime video calls or take pictures and video. The camera system provides high-quality video and better low-light performance. If the green indicator light next to the camera is glowing, the camera is on. See [FaceTime](#) and [Use the built-in camera on Mac](#) in the [macOS User Guide](#).

• **Studio-Quality Microphones:**

Three microphones with high signal-to-noise ratio and directional beamforming deliver super-clear audio for videoconferencing and phone calls, as well as high-quality voice recordings for audio tracks, podcasts, and voice memos.

• **Speakers:**

The high-fidelity six-speaker sound system consists of two pairs of dual force-canceling woofers and two tweeters. Enjoy a robust and high-quality audio experience, including [Spatial Audio](#) support for videos and songs with Dolby Atmos.

• **Touch ID (the power button):**

Press to turn on your MacBook Pro (or just lift the lid or press any key). A metallic trim ring guides your finger to the Touch ID sensor that analyzes your fingerprint. When you first start up or restart, you need to log in by typing your password. To learn more about how to use Touch ID, see [Magic Keyboard for MacBook Pro](#)

• **Force Touch trackpad:**

Control your MacBook Pro with gestures. The entire trackpad surface acts as a button so you can easily click anywhere. For more about using gestures, see [MacBook Pro trackpad](#)

Take a tour: 13-inch MacBook Pro

Note:

This guide is for the currently shipping MacBook Pro models. If you're not sure which model you have or want to find information and documentation for other models, see the Apple Support article [Identify your MacBook Pro model](#)

The 13-inch MacBook Pro has the following features. Not all features are available on all MacBook Pro models.



Thunderbolt / USB 4

- **Thunderbolt / USB 4 port:**
Charge your computer, transfer data at Thunderbolt speeds (up to 40 Gbps), connect to a display or projector, USB 4 peripherals, and more. The ports can also charge devices, such as an iPad or a rechargeable trackpad or keyboard.



Headphone jack

- **3.5 mm headphone jack:**
Plug in stereo headphones or external speakers to listen to your favorite music or movies. Use high-impedance headphones without a digital-to-analog converter or an amplifier.



- **Microphones:**
Record live music, make conference calls, and mix audio on the go. The three-microphone array on the MacBook Pro delivers studio-quality recordings with high signal-to-noise ratio and directional beamforming.

- **Speakers:**
The stereo speakers with high dynamic range support Spatial Audio. With Spatial Audio, you can enjoy an immersive, theater-like environment while watching videos with Dolby Atmos, rock out as if you're in the front row when listening to songs on Apple Music, or feel as if you're in the room with your friends and family while on FaceTime.

- **Touch Bar:**
The Touch Bar at the top of the keyboard dynamically adapts to the app you're using. The Touch Bar is an extension of the keyboard—it presents intuitive shortcuts and application controls, when and where you need them. You can use familiar gestures like swipe and tap in the Touch Bar. See [Magic Keyboard for MacBook Pro](#)

- **FaceTime HD camera:**
Make FaceTime video calls or take pictures and video. If the light is glowing, the camera is on. See [FaceTime](#)

and [Use the built-in camera on Mac](#) in the macOS User Guide.

Touch ID (the power button):

Press to turn on your MacBook Pro (or just lift the lid or press any key). When you first start up or restart, you need to log in by typing your password. To learn more about how to use Touch ID, see [Magic Keyboard for MacBook Pro](#).

Force Touch trackpad:

Control your MacBook Pro with gestures. The entire trackpad surface acts as a button so you can easily click anywhere. For more about using gestures, see [MacBook Pro trackpad](#).

What's included with your MacBook Pro

To use your MacBook Pro, you need two accessories included in the box—a cable and one of the power adapters listed below.

Accessory

Description



USB-C Charge Cable:

For 13-inch MacBook Pro.

To charge your MacBook Pro, connect one end of the USB-C Charge Cable to any Thunderbolt port on your MacBook Pro, and the other end to the included power adapter.



USB-C to MagSafe 3 Cable:

For 14-inch and 16-inch MacBook Pro.

To charge your MacBook Pro, connect one end of the USB-C to MagSafe 3 Cable to the MagSafe 3 port on your MacBook Pro, and the other end to the included power adapter. When you first connect the cable to MacBook Pro, a battery status indicator on the connector starts to glow: green for fully charged or amber for charging.



67W USB-C Power Adapter:

For 13-inch and 14-inch MacBook Pro.

After the power adapter is connected, fully extend the electrical prongs on the AC plug, and plug the adapter into an AC power outlet.



96W USB-C Power Adapter:

For 16-inch MacBook Pro, Optional for 14-inch MacBook Pro.

After the power adapter is connected, fully extend the electrical prongs on the AC plug, and plug the adapter into an AC power outlet. The 96W USB-C Power Adapter fast charges the 14-inch MacBook Pro up to 50 percent in about 30 minutes.



140W USB-C Power Adapter:

Optional for 16-inch MacBook Pro.

After the power adapter is connected, fully extend the electrical prongs on the AC plug, and plug the adapter into an AC power outlet. The 140W USB-C Power Adapter fast charges MacBook Pro to approximately 50 percent in about 30 minutes.

Other adapters and accessories are sold separately. Visit apple.com

, your local Apple Store, or other resellers for more information and availability. Review the documentation or check with the manufacturer to make sure you choose the right product.

Magic Keyboard for MacBook Pro

The Magic Keyboard with Touch ID has built-in features that make it easy to enter emoji, switch keyboard languages, lock your MacBook Pro, and perform many system functions with the touch of a key. When you set up Touch ID, you can use your fingerprint to unlock MacBook Pro, quickly lock your screen, or make purchases from the App Store, Apple TV app, and Apple Books, and on websites using Apple Pay.



Set up Touch ID.

You can set up Touch ID during setup, or at a later time in Touch ID & Password in System Settings.

For more information about Touch ID, see [Set up your MacBook Pro](#).

Turn on your MacBook Pro.

Lift the lid, press Touch ID (the power button), or press any other key.


Use Touch ID.

After you set up Touch ID, when you start up or restart the computer, you need to log in by typing your password. After initial login, whenever you're asked for your password in the same session, you can just place your finger lightly on the Touch ID sensor to authenticate. You can also use Touch ID to make online purchases securely with Apple Pay. For more information about Apple Pay, see [Use Apple Pay on your Mac](#).

Lock your MacBook Pro.

Press Touch ID to quickly lock your screen.

Turn off your MacBook Pro.





To turn off your MacBook Pro, choose Apple menu .

> Shut Down. To put your MacBook Pro to sleep, choose Apple menu .










> Sleep.

Use function keys on your 14-inch and 16-inch MacBook Pro.


The function keys on the top row of the 14-inch and 16-inch MacBook Pro provide shortcuts for these common system functions:

- **Brightness (F1, F2):**
Press 
or 
to decrease or increase the brightness of the screen.
- **Mission Control (F3):**
Press 
to view what's running on your MacBook Pro, including all your spaces and open windows.
- **Spotlight Search (F4):**
Press 


to open Spotlight and search for something on your MacBook Pro.

- *Dictation/Siri (F5):*
Press 
to activate dictation—you can dictate text wherever you can type (for example, in Messages, Mail, Pages, and other apps). To activate Siri, press and hold ,
then immediately speak your request.
- *Do Not Disturb (F6):*
Press 
to turn Do Not Disturb on or off. When Do Not Disturb is on, you won't see or hear notifications on MacBook Pro, but you can view them later in Notification Center.
- *Media (F7, F8, F9):*
Press 
to rewind, 
to play or pause, or 
to fast-forward a song, movie, or slideshow.
- *Mute (F10):*
Press 
to mute the sound from the built-in speakers or 3.5 mm headphone jack.
- *Volume (F11, F12):*
Press 
or 
to decrease or increase the volume of sound from the built-in speakers, 3.5 mm headphone jack, or Bluetooth audio device.

Note:




Function keys can perform actions in specific apps or may have alternative functions—for example, the F11 key can hide all open windows and show the desktop. To trigger the alternative function associated with a key, press and hold the Function (Fn)/Globe key  while you press a function key.

Use function keys on your 13-inch MacBook Pro.

The Touch Bar on the 13-inch MacBook Pro also has traditional function keys. Press and hold the Function (Fn)/Globe key  to display function keys in the Touch Bar.


Use the Touch Bar on your 13-inch MacBook Pro.

All system functions for your 13-inch MacBook Pro are located on the Touch Bar. Use the Touch Bar for these common functions:

- *Brightness buttons:*
Press 
or 
to decrease or increase the brightness of the screen.
- *Mission Control button:*
Press 
to view what's running on your MacBook Pro, including all your spaces and open windows.

•

Launchpad button:

Press 

to open Launchpad and instantly see all the apps on your MacBook Pro. Click an app to open it.

•

Keyboard illumination buttons:

Press 

or 


to decrease or increase the brightness of the keyboard.

•

Media buttons:

Press 

to rewind, 

to play or pause, or 

to fast-forward a song, movie, or slideshow.

•

Mute button:

Press 

to mute the sound from the built-in speakers or 3.5 mm headphone jack.

•

Volume buttons:

Press 

or 

to decrease or increase the volume of sound from the built-in speakers, 3.5 mm headphone jack, or Bluetooth audio device.


You can also customize the Touch Bar on your 13-inch MacBook Pro for different apps. See how in [Customize the Touch Bar on the 13-inch MacBook Pro](#)

•



Use emoji or switch keyboard languages.

Press the Function (Fn)/Globe key 

to switch to a different keyboard. Press 

repeatedly to cycle through emoji options or other languages you specify in Keyboard settings, or press twice quickly to start dictation (if you turned on Dictation in Keyboard settings).

Adjust keyboard settings.

To specify options for your keyboard and the Function (Fn)/Globe key 

, open System Settings, click Keyboard in the sidebar, and choose options to change your keyboard or input source, show emoji and symbols, start dictation, or define functions.

Learn about keyboard shortcuts.

You can press key combinations to do things on your MacBook Pro that you'd normally do with a trackpad, mouse, or other device. For example, press

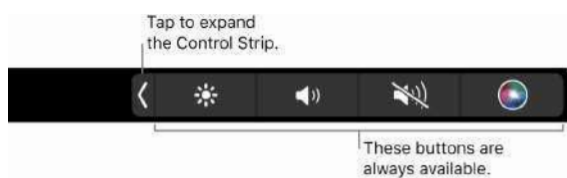
Command-C to copy selected text, then click where you want to paste the text and press Command-V. For a list of commonly used shortcuts, see [Keyboard shortcuts on your Mac](#)

. If you're new to the Mac, you might also be interested in [Are you new to Mac?](#)

Use the Touch Bar on MacBook Pro

The Touch Bar on the 13-inch MacBook Pro is integrated into many macOS apps to give you handy shortcuts for the tasks you do most, based on your current app and activity. Use familiar gestures—like tap and swipe—in the Touch Bar while you work.

The buttons at the right end of the Touch Bar are the Control Strip—you use them to expand or collapse the Control Strip, change the brightness and volume, or activate Siri. The other buttons in the Touch Bar depend on the app you're using.



Expand or collapse the Control Strip.

Frequently used system controls, like volume and brightness, are located in the Control Strip on the right side of the Touch Bar. Tap < to expand the strip, then tap buttons or sliders for the settings you want to change. Tap ⊗ when you finish, or leave the Control Strip open to keep the buttons available.



Customize the Control Strip.

Go to System Settings

, click Keyboard in the sidebar, click Touch Bar Settings, then click Customize Control Strip. Drag controls to the bottom of your screen and into the Touch Bar to add them. In Keyboard settings, you can also select options for what the Control Strip displays—for example, function keys or desktop spaces.



Display the function keys.

Press and hold the Function (Fn) key to display the function keys F1 through F12 in the Touch Bar, then tap a function button to use it.



Tap instead of type.

In apps where you compose text, like Notes, Messages, TextEdit, and Mail, the Touch Bar can display typing suggestions to help you save time by presenting words and emoji you can tap instead of type. Tap < in the Touch Bar to see typing suggestions, if they're not already showing.



Note:

Typing suggestions may not be available in all languages or in all areas.

Express yourself with emoji.

In some apps, you can choose an emoji instead of words for a fun way to make your point. Tap 😊

to display the emoji. Swipe to scroll through options, organized by category, such as “Frequently Used,” “Smileys & People,” “Travel & Places,” and more. Tap to select the emoji you want.



Explore and experiment.

Tap around to see what you can accomplish quickly and efficiently. It's often easier to tap the Touch Bar than to click or select items onscreen in order to accomplish a task or apply a setting. For example, open Calculator and do quick calculations with the number keys and the functions on the Touch Bar—no more moving your pointer, clicking, and typing onscreen.



Keep using the Touch Bar to find the best ways to achieve the results you want. Move seamlessly between the Touch Bar, your keyboard, and the trackpad to get the job done. See [Apps on your MacBook Pro](#) and the sections for each app for information about their Touch Bar features.

Learn more.

See [Use the Touch Bar on Mac](#) in the macOS User Guide.

Customize the Touch Bar on the 13-inch MacBook Pro

In the Finder and in apps such as [Mail](#) and [Safari](#)

, you can customize the buttons in the Touch Bar for that app. Choose View > Customize Touch Bar to add, delete, or rearrange items in the Touch Bar.

When you're customizing the Touch Bar, the buttons jiggle and a Done button appears. For example, here's the Calculator Touch Bar, ready to be edited:



Add buttons to the Touch Bar.

Drag controls to the bottom of your screen and into the Touch Bar to add them.



When you finish, click Done on the screen or in the Touch Bar.

Rearrange buttons in the Touch Bar.

While customizing the Touch Bar, drag buttons to a new location. When you finish, click Done on the screen or in the Touch Bar.

Remove buttons from the Touch Bar.









While customizing the Touch Bar, drag a button from the Touch Bar to the screen to remove it. When you finish, click Done on the screen or in the Touch Bar.

MacBook Pro trackpad

You can do a lot on your MacBook Pro using simple trackpad gestures—scroll through webpages, zoom in on documents, rotate photos, and more. With the Force Touch trackpad, pressure-sensing capabilities add another level of interactivity. The trackpad provides feedback—when you drag or rotate objects, you feel a subtle vibration when they're aligned, allowing you to work with greater precision. For examples of force touch options, see the [Apple](#)

Support article [How to use the Force Touch trackpad](#)

Here are some common gestures:

Gesture	Action
	Click: Press anywhere on the trackpad. Or enable "Tap to click" in Trackpad Settings, and simply tap.
	Force click: Click and then press deeper. You can use force click to look up more information—click a word to see its definition, or an address to see a preview that you can open in Maps.
	Secondary click (that is, right-click): Click with two fingers to open shortcut menus. If "Tap to click" is enabled, tap with two fingers. On the keyboard, press the Control key and click the trackpad.
	Two-finger scroll: Slide two fingers up or down to scroll.
	Pinch to zoom: Pinch your thumb and finger open or closed to zoom in or out of photos and webpages.
	Swipe to navigate: Swipe left or right with two fingers to flip through webpages, documents, and more—like turning a page in a book.
	Open Launchpad: Quickly open apps in Launchpad. Pinch closed with four or five fingers, then click an app to open it.
	Swipe between apps: To switch from one full-screen app to another, swipe left or right with three or four fingers.

Tip: If you find you're force clicking when you don't intend to, try adjusting the click pressure to a firmer setting in Trackpad Settings. Or change the "Lock up & data detectors" option from the "Force Click with one finger" default setting to "Tap with three fingers."

Customize your gestures.

In System Settings, click Trackpad in the sidebar. You can do the following:

- Learn more about each gesture

- Set the click pressure you prefer to use
- Decide whether to use pressure-sensing features
- Control the tracking speed
- Customize other trackpad features

Note:

If you would like to use a Bluetooth® mouse or trackpad in addition to the trackpad on your MacBook Pro, learn how to set it up at [Use Bluetooth accessories with your MacBook Pro](#)

Charge the MacBook Pro battery

The battery in your MacBook Pro recharges whenever the MacBook Pro is connected to power.



Charge the battery.

Connect your MacBook Pro to a power outlet using the included cable and power adapter. To learn more about the adapter and cable that came with your MacBook Pro, see [What's included with your MacBook Pro](#)

Show battery status in menu bar.

Add an icon to your menu bar so you can quickly see information about your battery and open Battery settings. In System Settings, click Control Center, then go to Battery on the right and click Show in Menu Bar. You can also choose to show battery percentage in the menu bar.

Customize battery settings.

You can set different options for your battery in System Settings.

-

Optimized Battery Charging:

This feature helps to reduce the wear on your battery and improve its lifespan by learning your daily charging routine. It delays charging the battery past 80% when it predicts that you'll be plugged in for an extended period of time, and aims to charge the battery before you unplug. In System Settings, click Battery in the sidebar, click ⓘ by Battery Health, then turn on Optimized Battery Charging.

-

Low Power Mode:

This option reduces energy usage and increases battery life. This is a good option for travel or when you're away from a power source for an extended period of time. In System Settings, click Battery in the sidebar, then choose from the options in the Low Power Mode dropdown.

-

High Power Mode:

Available on the 16-inch MacBook Pro. When High Power Mode is selected, your Mac allows the fans to run at higher speeds to maximize performance during intensive workloads. In System Settings, click Battery in the sidebar, then choose from the options in the High Power Mode dropdown.

Note:

To customize other advanced settings, like enabling power nap, automatic graphics switching, and when to wake for network access, click Options in Battery Settings.

To charge the battery, use the MagSafe 3 port or any of the Thunderbolt 4 (USB-C) ports on your 14-inch or 16-inch MacBook Pro, or any of the Thunderbolt/USB 4 ports on your 13-inch MacBook Pro.

Note:

With the USB-C to MagSafe 3 Cable and optional 140W USB-C Power Adapter, you can fast charge the 16-inch MacBook Pro up to 50 percent in about 30 minutes. And with the USB-C to MagSafe 3 Cable and the 96W USB-C Power Adapter, you can fast charge the 14-inch MacBook Pro up to 50 percent in about 30 minutes.

Check the battery's charge.

Look at the battery status icon at the right of the menu bar to see the battery level or charging status. Or go to System Settings and click Battery in the sidebar.



Battery usage history.

Go to System Settings and click Battery to see your battery's usage over the past 24 hours or the last 10 days.



Conserve battery power.

To extend battery life on a given charge, you can reduce the display brightness, close apps, and disconnect peripheral devices you're not using. In System Settings, click Battery in the sidebar to change your power settings. If your MacBook Pro is in sleep when a device is connected to it, the device's battery may drain.

Learn more.

For more information about:

- The battery in your Mac, including troubleshooting information, see the Apple Support article [Get help with your Mac laptop battery](#)

- How to monitor the battery in your Mac or check its condition, see [Monitor your portable Mac computer's battery](#) and [Check the condition of your Mac notebook's battery](#) in the macOS User Guide.
- Charging issues with your power adapter, see the Apple Support articles [If your USB-C power adapter isn't charging your Mac laptop](#) and [If your Mac battery status is "Not Charging"](#).
- The internal, rechargeable battery in your MacBook Pro, and for conservation and performance tips, see [Apple Lithium-ion Batteries](#).

Adapters for your MacBook Pro

The following Apple adapters are available to connect your MacBook Pro to power, external devices and displays, and more.

To see where your ports are located on your MacBook Pro, see [Take a tour: 14-inch and 16-inch MacBook Pro](#) or [Take a tour: 13-inch MacBook Pro](#).

You can learn about each port, and what it looks like, with the Apple Support Article [Identify the ports on your Mac](#).

Cable or Adapter

Description



USB-C to USB Adapter:
Connect your MacBook Pro to standard USB accessories.



USB-C to Lightning Cable:
Connect your iPhone or other iOS or iPadOS device to your MacBook Pro for syncing and charging.



USB-C Digital AV Multiport Adapter:
Connect your MacBook Pro to an HDMI display, while also connecting a standard USB device and a USB-C charge cable to charge your MacBook Pro.

Connect directly to the HDMI port on the 14-inch and 16-inch MacBook Pro.



USB-C VGA Multiport Adapter:
Connect your MacBook Pro to a VGA projector or display, while also connecting a standard USB device and a USB-C charge cable to charge your MacBook Pro.



Thunderbolt 3 (USB-C) to Thunderbolt 2 Adapter:
Connect your MacBook Pro to Thunderbolt 2 devices. The Thunderbolt 3 (USB-C) adapter can be used with the Thunderbolt 4 ports on your MacBook Pro.

Learn more.

See the Apple Support article [Adapters for the Thunderbolt 4, Thunderbolt 3, or USB-C port on your Mac](#).

Adapters and other accessories are sold separately. Visit [apple.com](#)

, your local Apple Store, or other resellers for more information and availability. Review the documentation or check with the manufacturer to make sure you choose the right product.

Use Bluetooth accessories with your MacBook Pro


Using Bluetooth technology, your MacBook Pro can wirelessly connect with devices such as a Bluetooth keyboard, mouse, trackpad, headset, peripheral devices, wearable sport accessories, AirPods, and more.

Pair a Bluetooth device.

Before you connect a Bluetooth device with your Mac for the first time, you need to pair them. In order to pair your Mac with a Bluetooth device, make sure they are both turned on and near each other. Be sure to review your Bluetooth device's documentation to make sure you've set up the device to pair.

Turn Bluetooth on or off.

Click the Control Center icon 

in the menu bar, click the Bluetooth icon ,

then click the control to turn Bluetooth on or off. If you have the Bluetooth 

icon in your menu bar, you can click that and then turn the control on or off. Your MacBook Pro comes with Bluetooth turned on.

Tip:

If you don't see the Bluetooth icon 

in the menu bar, you can add it. In System Settings, click Control Center in the sidebar, then choose Show in Menu Bar for Bluetooth.

Connect a Bluetooth device.

Turn on the device so that it's discoverable, then open System Settings

and click Bluetooth. Select the device in the list, then click Connect. The device remains connected until you remove it. Control-click a device name to remove it.

When a Bluetooth device is paired with your Mac, you can connect or disconnect it using the Bluetooth 

icon in the menu bar.

Learn more.

See [Use Bluetooth devices with Mac](#)

in the macOS User Guide.

Use an external display with your MacBook Pro

The HDMI and Thunderbolt ports on your 14-inch and 16-inch MacBook Pro and the Thunderbolt ports on your 13-inch MacBook Pro support video output, so you can connect an external display, a projector, or a high-resolution TV.

On your MacBook Pro with Apple M2 Pro, you can connect up to two external displays in the following configurations:

- Connect one external display with up to 6K resolution at 60 Hz using a Thunderbolt port and one external display with up to 4K resolution at 144 Hz using the HDMI port.
- Connect up to two external displays with up to 6K resolution at 60 Hz using the Thunderbolt ports.

You can also connect a single display with up to 8K resolution at 60 Hz or up to 4K resolution at 240 Hz using the HDMI port.

On your MacBook Pro with Apple M2 Max, you can connect up to four external displays in the following configurations:

- Connect up to three external displays with up to 6K resolution at 60 Hz using the Thunderbolt ports and one external display with up to 4K resolution at 144 Hz using the HDMI port.
- Connect up to two external displays with up to 6K resolution at 60 Hz using the Thunderbolt ports and, using the HDMI port, either one external display with up to 8K resolution at 60 Hz or one external display with up to 4K resolution at 240 Hz.

To learn more about using an 8K display with your MacBook Pro, see the Apple Support Article [Use an 8K display with your Mac](#).

On your 13-inch MacBook Pro, you can connect one external display with up to 6K resolution at 60 Hz.

If you're not sure how many external displays your MacBook Pro supports, check your Technical Specifications. Open System Settings, choose Help > MacBook Pro Specifications, then locate Display Support (you may need to scroll).



To see where your ports are located on your MacBook Pro, see [Take a tour: 14-inch and 16-inch MacBook Pro](#) or [Take a tour: 13-inch MacBook Pro](#). You can learn about each port and what it looks like with the Apple Support Article [Identify the ports on your Mac](#), and make sure you have the right adapters with [Adapters for your MacBook Pro](#).

- **Connect a VGA display or projector:**
Use a USB-C VGA Multiport Adapter to connect the display or projector to a Thunderbolt port on your MacBook Pro.
- **Connect an HDMI display:**
Plug a cable from your HDMI display directly into the HDMI port on your 14-inch or 16-inch MacBook Pro. Use a USB-C Digital AV Multiport Adapter to connect the HDMI display to a Thunderbolt / USB 4 port on your 13-inch MacBook Pro.
- **Connect a USB-C display:**
Connect the display to a Thunderbolt port on your MacBook Pro.

Note:

The MacBook Pro can support both Apple Pro Display XDR and Apple Studio Display. To set up, see the Apple Support articles [Set up and use Apple Pro Display XDR](#) and [Set up and use Apple Studio Display](#).

Use an adapter to connect a display.

If your display has a connector that doesn't match the port you want to use, you may be able to use it with an adapter (sold separately). Visit apple.com, your local Apple Store, or other resellers for more information and availability. Review the display's documentation or check with the display's manufacturer to make sure you choose the right product. See [Adapters for the Thunderbolt 4, Thunderbolt 3, or USB-C port on your Mac](#).

Troubleshooting.

To troubleshoot an issue with an external display, see [If your external display isn't detected or appears blurry on your Mac](#).

If you're not sure how many external displays your MacBook Pro supports, check your Technical Specifications. Open System Settings, then choose Help > MacBook Specifications, then locate Video Support (you may need to scroll).

Use an Apple TV with AirPlay.

If you have an HDMI display connected to an Apple TV, you can use AirPlay to mirror your MacBook Pro screen on your TV screen. See [Use AirPlay on your Mac](#) for details.

Adjust and arrange displays.

After you connect an external display or projector, go to Displays in System Settings.

to set how the displays are arranged, choose which to use as your main display, and adjust resolution. If you want to mirror your screen, click the display that you want to act as a mirror, then choose the mirror option from the “Use as” dropdown.

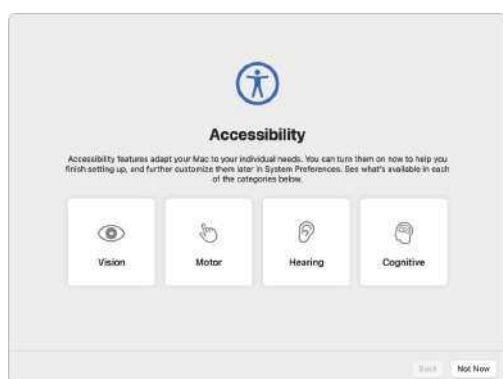
Get started


Set up your MacBook Pro

The first time your MacBook Pro starts up, Setup Assistant walks you through the simple steps needed to start using your new Mac. You can respond to all the prompts, or skip some steps and choose to complete them later. For example, it might make sense to set up Screen Time—which you can set for different users—after initial setup.

Setup Assistant guides you through the following:

- **Set your country or region:**
This sets the language and time zone for your Mac.
- **Accessibility options:**
View accessibility options for Vision, Motor, Hearing, Cognitive abilities, or click Not Now. To learn more, see [Accessibility on your Mac](#).



- **Connect to a Wi-Fi network:**
Choose the network and enter a password, if necessary. (If you're using Ethernet, you can also choose Other Network Options.) To change the network later, click the Wi-Fi status icon  in the menu bar, or in System Settings, click Wi-Fi in the sidebar, then choose a network and enter the password. You can also choose to turn Wi-Fi on or off here.

Tip:

After setup, if you don't see the Wi-Fi status icon  in the menu bar, you can add it. Open System Settings, click Control Center in the sidebar, then select “Show in Menu Bar” for Wi-Fi.

- **Transfer information:**
If you want to transfer your data from another computer now or later, see [Transfer your data to your new MacBook Pro](#).
• If you're setting up a new computer and you haven't previously set up a Mac, click Not Now in the Migration Assistant window.

- **Sign in with your Apple ID:**
Your Apple ID consists of an email address and a password. It's the account you use for everything you do with Apple—including using the App Store, Apple TV app, Apple Books, iCloud, Messages, and more. It's best to have your own Apple ID and not share it. If you don't already have an Apple ID, you can create one during setup (it's free). Sign in with the same Apple ID to use any Apple service, on any device—whether it's your computer, iOS device, iPadOS device, or Apple Watch. See [Apple ID on Mac](#).

 **Tip:**

If you've already set up another device with macOS 12 or later, iOS 15 or later, iPadOS 15 or later, you'll see a panel for express setup, **Make This Your New Mac**. Express setup skips a lot of the steps and uses the settings stored in your iCloud account.

• *Store files in iCloud:*

With iCloud, you can store your content—documents, photos, and more—in the cloud, and access it anywhere you go. Be sure to sign in with the same Apple ID on all your devices. To set this option later, open System Settings and click "Sign in with your Apple ID" in the sidebar, if you haven't already. After you sign in, click your Apple ID in the sidebar, click iCloud, then select the features you want to use. You can also choose to use iCloud Keychain to save your passwords during setup. To find out more, see [Access your iCloud content on your Mac](#)

• *Screen Time:*

Monitor and get reports on the use of your computer. For options and details, see [Screen Time on Mac](#)

• *Enable Siri and "Hey Siri":*

You can turn on Siri and "Hey Siri" (so you can speak your Siri requests) during setup. To enable "Hey Siri," speak several Siri commands when prompted. To learn how to turn on Siri and "Hey Siri" later and for information about using Siri on your Mac, see [Siri on your Mac](#)

• *Set up Touch ID:*

You can add a fingerprint to Touch ID during setup. To set up Touch ID later, or to add additional fingerprints, open System Settings, then click Touch ID & Password in the sidebar. To add a fingerprint, click + and follow the onscreen instructions.

You can also set options for how you want to use Touch ID on your MacBook Pro: to unlock your Mac, use Apple Pay (see [Use Apple Pay on your Mac](#)), purchase items on the App Store, Apple TV app, Apple Books, and websites, and auto-fill your password.

 **Tip:**

If two or more users use the same MacBook Pro, each user can add a fingerprint to Touch ID to quickly unlock, authenticate, and login to the MacBook Pro. You can add up to three fingerprints per user account, and a total of five fingerprints for all your MacBook Pro user accounts.

To learn more, see [Use Touch ID on Mac](#) in the macOS User Guide.

• *Set up Apple Pay:*

You can set up Apple Pay for one user account on your MacBook Pro during setup. Other users can still pay with Apple Pay, but they must complete the purchase using their iPhone or Apple Watch that's been set up for Apple Pay (see [Use Apple Pay on your Mac](#)). Follow the onscreen prompts to add and verify your card. If you already use a card for media purchases, you might be prompted to verify this card first.

To set up Apple Pay or add additional cards later, open System Settings, then click Wallet & Apple Pay. Follow the onscreen prompts to set up Apple Pay.

• *Note:*

The card issuer determines whether your card is eligible to use with Apple Pay, and may ask you to provide additional information to complete the verification process. Many credit and debit cards can be used with Apple Pay. For information about Apple Pay availability and current credit card issuers, see the Apple Support article [Apple Pay participating banks](#)

• *Choose your look:*

Select Light, Dark, or Auto for your desktop appearance. If you want to change the choice you make during setup, open System Settings, click

Appearance, then select an option. You can also set other appearance settings, such as highlight color or sidebar icon size.



Tip:

If you're new to Mac, see [Are you new to Mac?](#) in this guide, [What's it called on my Mac?](#) in the macOS User Guide, and the [Apple Support article Mac tips for Windows switchers](#).

Apple ID on Mac

Your **Apple ID** is an account that lets you access all Apple services. Use your Apple ID to download apps from the App Store; access media in Apple Music, Apple Podcasts, Apple TV, and Apple Books; keep your content up to date across devices using iCloud; set up a Family Sharing group; and more.

You can also use your Apple ID to access other apps and websites (see [Use Sign in with Apple on Mac](#) in the macOS User Guide).

Important

If you forget your Apple ID password, you don't need to create a new Apple ID. Just click the "Forgot Apple ID or password?" link in the sign-in window to retrieve your password.

If other family members use Apple devices, make sure that each family member has their own Apple ID. You can create Apple ID accounts for your kids and share purchases and subscriptions with Family Sharing, described later in this section.

To view the services you can use with your Apple ID, see the [Apple Support article Where can I use my Apple ID?](#)

All in one place.

Manage everything related to your Apple ID in the same place. Open System Settings on your MacBook Pro—your Apple ID and Family Sharing settings are at the top of the sidebar. To sign in with Apple ID, if you haven't already, click "Sign in with your Apple ID" at the top of the sidebar.



Update account, security, and payment information.

In System Settings, click your Apple ID in the sidebar, then select an item to review and update the information associated with your account.

Overview:

Lets you know if your account is set up and working properly—if not, you see tips and notifications here.

- **Name, Phone, Email:**
Update the name and contact information associated with your Apple ID. You can also manage Apple email newsletter subscriptions.
- **Password & Security:**
Change your Apple ID password, turn on two-factor authentication, add or remove trusted phone numbers, and generate verification codes to sign in to another device or [iCloud.com](#). You can also manage which apps and websites use Sign in with Apple. See [Use Sign in with Apple](#) in the [macOS User Guide](#).
- **Payment & Shipping:**
Manage the payment methods affiliated with your Apple ID, and your shipping address for purchases from the Apple Store.
- **iCloud:**
Click iCloud, then choose which iCloud features you wish to turn on or off. When you turn on an iCloud feature, your content is stored in iCloud and not locally on your Mac, so you can access any content on any device with iCloud turned on and signed in with the same Apple ID.
- **Media & Purchases:**
Manage the accounts linked to Apple Music, Apple Podcasts, Apple TV, and Apple Books; select purchasing settings; and manage your subscriptions.

See all your devices.

See all the devices linked to your Apple ID. You can verify that Find My [device] is turned on for each one (see [Find My](#)), see the status of iCloud Backup for an iOS or iPadOS device, or remove a device from your account if you no longer own it.

Family Sharing.

With Family Sharing, you can set up a family group for up to six members. Then you can share and manage purchases, and share device locations or mark devices as lost in Find My. You can also manage how your children use their devices by creating Apple ID accounts for your kids and set Screen Time limits (see [Screen Time on Mac](#)). To manage your family sharing settings, click Family in System Settings. To learn more, see the Apple Support article [Setup Family Sharing](#).

Share purchases and storage with Family Sharing.

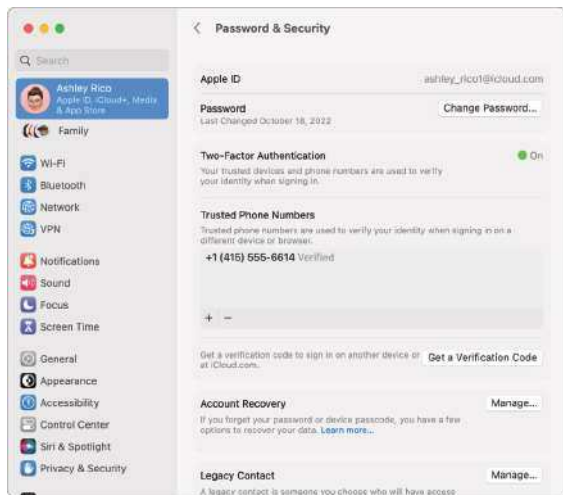
Up to six members of your family can share their purchases from the App Store, Apple TV app, Apple Books, and iTunes Store, and share the same storage plan—even if they each use their own iCloud account. You can pay for family purchases with one credit card, while approving your kids' spending right from your MacBook Pro.

Account Recovery.

Add one or more people you trust as a recovery contact or set up a recovery key to help you reset your password and regain access to your account. Click Password & Security, then click Manage for Account Recovery.

Legacy Contact.

Designate one or more persons as Legacy Contacts so they can access your account and personal information after your death. Click Password & Security, then click Manage for Legacy Contact.



Learn more.

To learn more about iCloud and Family Sharing, see [Access your iCloud content on your Mac](#) and [Manage a Family Sharing group on Mac](#) in the macOS User Guide.

Find your way around





Desktop, menu bar, and Help on your Mac

The first thing you see on your MacBook Pro is the *desktop*, where you can quickly open apps, search for anything on your MacBook Pro and the web, organize your files, and more.



Tip: Can't find the pointer on the screen? To magnify it temporarily, move your finger rapidly back and forth on the trackpad. Or if you're using a mouse, slide it back and forth quickly.

Menu bar.

The menu bar runs along the top of the screen. Use the menus on the left side to choose commands and perform tasks in apps. The menu items change, depending on which app you're using. Use the icons on the right side to connect to a Wi-Fi network, check your Wi-Fi status , open Control Center , check your battery charge , search using Spotlight , and more.




Tip:

You can change the icons that appear in the menu bar. See [Control Center on your Mac](#).

Apple menu .

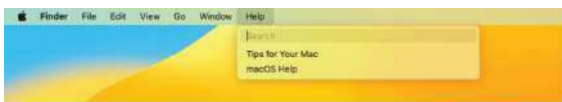
The Apple menu contains frequently used items and always appears in the upper-left corner of the screen. To open it, click the Apple icon .

App menu.

You can have multiple apps and windows open at the same time. The name of the app that's active appears in bold to the right of the Apple menu , followed by that app's unique menus. If you open a different app or click an open window in a different app, the name of the app menu changes to that app and the menus in the menu bar change along with it. If you're looking for a command in a menu and can't find it, check the app menu to see if the app you want is active.

Help menu.

Help for your MacBook Pro is always available in the menu bar. To get help, open the Finder in the Dock, click the Help menu, and choose macOS Help to open the macOS User Guide. Or type in the search field and choose a suggestion. To get help for a specific app, open the app and click Help in the menu bar. See [Use the macOS User Guide](#).




Stay organized with stacks.

You can gather files on the desktop into stacks to keep them organized in groups (by kind, date, or tag), and to keep your desktop orderly. To view what's inside a stack, click the stack to expand its contents, or place your pointer over a stack to view thumbnail images of the files. To create stacks on your desktop, click the desktop, then choose View > Use Stacks. To see grouping options for your stacks, go to View > Group Stacks By and choose an option. Then any new files you add to the desktop are automatically sorted into the appropriate stack. To learn more, see [Use desktop stacks on Mac](#) in the macOS User Guide.

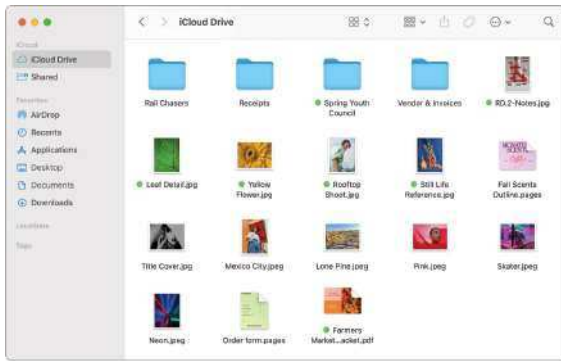
Learn more.

See [Finder on your Mac](#).

Finder on your Mac

Represented by the blue icon with the smiling face, the Finder is the home base for your Mac. You use it to organize and access almost everything on your Mac, including documents, images, movies, and any other files you have. To open a Finder window, click the Finder icon  in the Dock at the bottom of the screen. Force click a file icon to quickly view its contents, or force click a filename to edit it. See [MacBook Pro trackpad](#) to learn about force clicking and other gestures.

For information about using the Touch Bar for Finder tasks, see [Use the Finder with the Touch Bar on your 13-inch MacBook Pro](#).



The Finder window.

Click the pop-up menu button at the top of the Finder window to change how you view documents and folders. View them as icons, in a list, in hierarchical columns, or in a gallery. The sidebar on the left shows the items you use often or want to open quickly. To see all your documents stored on iCloud Drive, click the iCloud Drive folder in the sidebar. To see only the documents that you're sharing and that are shared with you, click the Shared folder. To change what's shown in the sidebar, choose **Finder > Settings**.

Get organized.

Your Mac has folders already created for common types of content—Documents, Pictures, Applications, Music, and more. As you create documents, install apps, and do other work, you can create new folders to stay organized. To create a new folder, choose **File > New Folder**. See [Organize files in folders](#) in the macOS User Guide.

Sync devices.

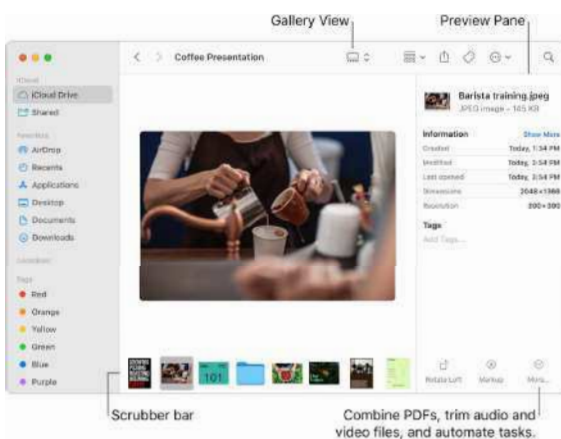
When you connect a device like an iPhone or iPad, it appears in the Finder sidebar. Click the device's name to see options to back up, update, sync, and restore your device.

Gallery View.

With Gallery View, you can see a large preview of your selected file, so you can visually identify your images, video clips, and other documents. The Preview pane on the right shows information to help you identify the file you want. Use the scrubber bar at the bottom to quickly locate what you're looking for. To close or open the Preview pane, press **Shift-Command-P**. To show the Preview pane options in the Finder, choose **View > Show Preview**. To customize what's shown, choose **View > Show Preview Options**, then select the options for your file type.

Tip:

To show filenames in Gallery View, press **Command-J** and select "Show filename."



Quick Actions.

In Gallery View, click the More button (⋮).

at the bottom right of the Finder window for shortcuts to manage and edit files directly in the Finder. You can rotate an image, annotate or crop an image in Markup, combine images and PDFs into a single file, trim audio and video files, run shortcuts created with the Shortcuts app, and create custom actions through Automator workflows (for example, watermarking a file). See [Perform quick actions in the Finder on Mac](#) in the macOS User Guide.

Quick Look.

Select a file and press the Space bar to open Quick Look. Use the buttons at the top of the Quick Look window to sign PDFs, trim audio and video files, and mark up, rotate, and crop images without opening a separate app. To learn more about Quick Look and markup features, see [View and edit files with Quick Look on Mac](#) and [Mark up files on Mac](#) in the macOS User Guide.

Tip:

You can add alternative image descriptions that can be read by VoiceOver using Markup in Preview or Quick Look.

Get there faster.

The Go menu in the menu bar is a quick way to get to folders and locations. Instead of using several clicks to navigate to the Utilities folder, choose Go > Utilities. You can also choose Go > Enclosing Folder to return to the top level of nested folders. If you know the path to a specific folder, choose Go > Go to Folder, then type the path. See [Go directly to a specific folder](#) in the macOS User Guide.

Use the Finder with the Touch Bar on your 13-inch MacBook Pro


Use the Touch Bar, at the top of your keyboard, to perform Finder tasks and more.

Use the Touch Bar.

Tap buttons to set view options and quickly look at, share, or tag an item.



Tap 

to see buttons for viewing and sorting options. For instance, tap  to view items in Finder as icons.



Tap 

to see sharing options.



Tap 

to see tags you can apply.



To learn more, see [Use the Touch Bar on MacBook Pro](#).


The Dock on your Mac

The Dock, at the bottom of the screen, is a convenient place to keep the apps and documents you use frequently.



Open an app or file.

Click an app icon in the Dock, or click the Launchpad icon 

in the Dock to see all the apps on your Mac, then click the app you want. You can also search for an app using Spotlight  (in the top-right corner of the menu bar), then open the app directly from your Spotlight search results. Recently opened apps appear in the center section of the Dock.



Close an app.

When you click the red dot in the top-left corner of an open window, the window closes but the app stays open. Open apps have a black dot beneath them in the Dock. To close an app, Control-click the app icon in the Dock and click **Quit**.


Add an item to the Dock.


Drag the item and drop it where you want it. Place apps in the left section of the Dock, and files or folders in the right section.

Remove an item from the Dock.

Drag it out of the Dock. The item isn't removed from your MacBook Pro—just from the Dock.

See everything that's open on your Mac.

Press the Mission Control key 

on your keyboard or swipe with three fingers on your trackpad to open Mission Control. View your open windows, desktop spaces, full-screen apps, and more, and switch easily between them. You can also add the Mission Control icon  to the Dock. See the Apple Support article [Use Mission Control on your Mac](#).

See all open windows in an app.

Force click an app in the Dock to view all the app's open windows. To Force click, click then press deeper.

Tip:

Click **Desktop & Dock** in System Settings

to change the appearance and behavior of the Dock. Make the Dock larger or smaller, move it to the left or right side of the screen, set it to hide when you're not using it, and more.

Learn more.

See [Use the Dock on Mac](#)

in the macOS User Guide.

Notification Center on your Mac

Notification Center keeps all of your important information, reminders, and widgets in one convenient place. Get details about calendar events, stocks, weather, and more—and catch up on notifications you might have missed (emails, messages, reminders, and more).


Open Notification Center.

Click the date or time at the top right of the screen, or swipe left from the right edge of the trackpad with two fingers. Scroll down to see more.



Focus on what you're doing.

When you're working, having dinner, or just don't want to be disturbed, Focus can automatically filter your notifications so you see only the ones you specify. Focus can pause all notifications or allow only certain ones to appear, and it can tell contacts that your notifications are silenced using a status in Messages. To set up Focus, open System Settings

, then click **Focus** in the sidebar. To turn Focus on or off, click  in the menu bar, then click the Focus section and choose a Focus.

You can customize a Focus to fit what you're currently doing, and allow notifications from certain people or apps, for phone calls or upcoming events, and more. You can also share your Focus across devices and use Focus filters to hide distracting content in apps like Calendar and Messages.

Interact with your notifications.

Reply to an email, listen to the latest podcast, or view details about calendar events. Click the arrow in the top-right corner of a notification to view options, take action, or get more information.

Set your notification settings.

Open System Settings, then click **Notifications** to select which notifications you see. Notifications are sorted by most recent.


Customize your widgets.

Click **Edit Widgets** (at the bottom of your notifications) to add, remove, or rearrange widgets. You can also add third-party widgets from the App Store.



Learn more.

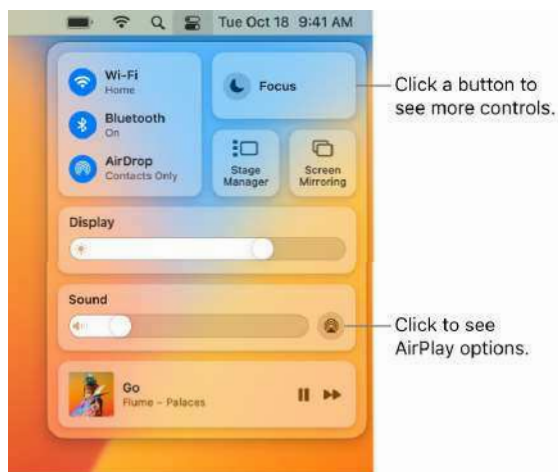
See [Use Notification Center on Mac](#) in the macOS User Guide.

Control Center on your Mac

Control Center groups all your menu bar extras into a single place, giving you instant access to the controls you use the most—like **Bluetooth**, **AirDrop**, **Mic Mode**, **Screen Mirroring**, **Focus**, and brightness and volume controls—right from the menu bar. Click  in the upper-right corner of the screen to open Control Center.

Click for more options.

Click a button to see more options. For example, click the **Wi-Fi** button  to see your preferred networks, other networks, or to open **Wi-Fi Settings**. To return to the main Control Center view, click  again.



Manage your desktop.

Use **Stage Manager** to organize your apps and windows in a single view and quickly switch between them. You can also group apps together to create workspaces ideal for your workflow. See [Window management on your Mac](#).

Monitor your mic.

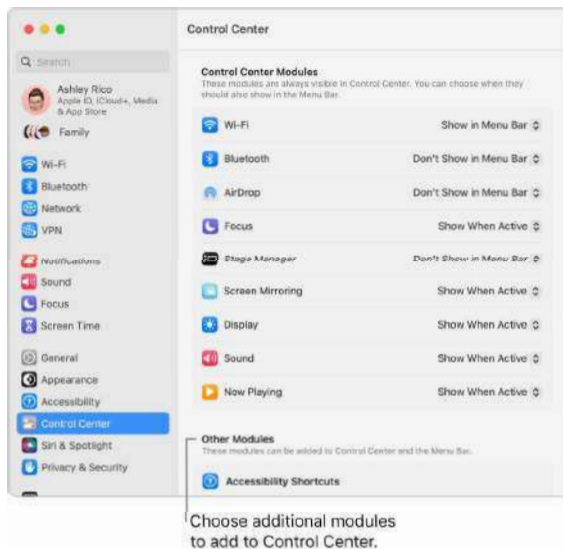
The recording indicator shows when your computer's microphone is in use or if it was used recently. This light increases security and privacy on your Mac by letting you know if an app has access to the microphone.

Pin your Control Center favorites.

Drag a favorite item from Control Center to the menu bar to pin it there, so you can easily access it with a single click. To change what appears in the menu bar, open Control Center settings, then use the dropdown menu next to each module to select "Show in Menu Bar." You see a preview of where the control will appear in the menu bar. Some items can't be added to or removed from Control Center or the menu bar.

Tip:

To quickly remove an item from the menu bar, press and hold the **Command** key and drag the item out of the menu bar.





Learn more.

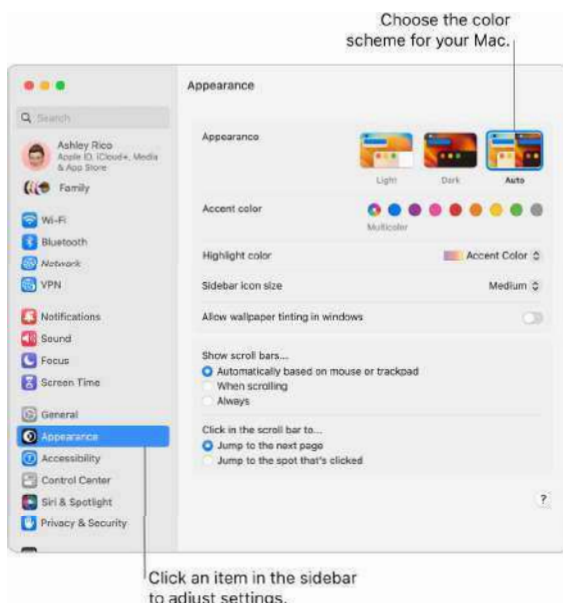
See [Use Control Center on Mac](#) in the macOS User Guide. Also see [Use AirDrop on your Mac](#) and [Use AirPlay on your Mac](#).

System Settings on your Mac

System Settings is the place where you personalize your MacBook Pro settings. For example, use Lock Screen settings to change when your Mac goes to sleep. Or use Wallpaper settings to add a desktop background.

Customize your MacBook Pro.

Click the System Settings icon  in the Dock, or choose Apple menu  > System Settings, then click the setting in the sidebar you want to adjust. To see additional settings, you may need to scroll down. To learn more, see [Customize your Mac with System Settings](#) in the macOS User Guide.



Update macOS.


In System Settings, click General, then click Software Update to see if your Mac is running the latest version of macOS software. You can specify options for automatic software updates.

Spotlight on your Mac

Spotlight

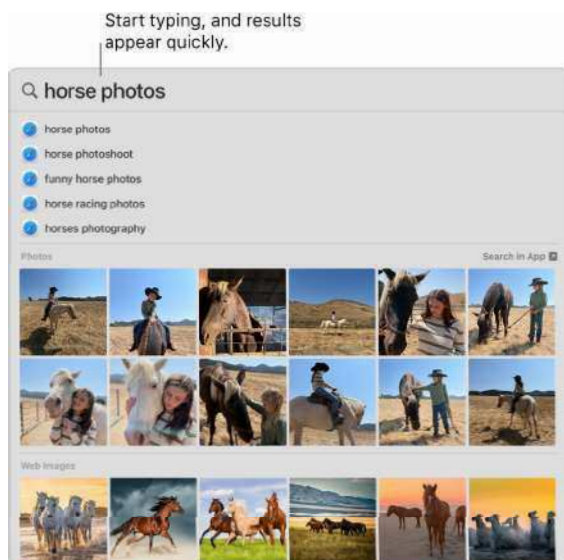
is an easy way to find anything on your MacBook Pro, such as images, documents, contacts, calendar events, and email messages. You can also use Spotlight to open apps or perform quick actions, like creating a timer.

Search for anything.

Click  at the top right of the screen then start typing. On the 14-inch and 16-inch MacBook Pro, you can also press the Spotlight key (F4) on your keyboard. With Live Text, Spotlight can search for text in images. Not all languages are available.

Tip:

Press Command-Space bar to show or hide the Spotlight search field.

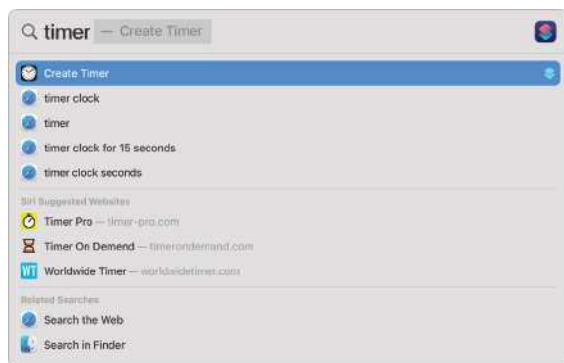


Open an app.

Enter the app name in Spotlight, then press Return.

Perform quick actions.

You can quickly do certain tasks with Spotlight, like running a shortcut, starting a Focus, or setting an alarm. Open Spotlight, then search for the action you want to perform. For instance, type Clock, then choose Create Timer to set a timer directly from Spotlight.



Convert currencies and measurements

Enter a currency—like \$, €, or ¥—and an amount, then press Return to get a list of converted values. Or specify a unit of measure for measurement conversions.

Use Siri Suggestions.

Siri Suggestions offer info from Wikipedia articles, web search results, news, sports, weather, stocks, movies, and other sources when you search with Spotlight.

If you want Spotlight to search only for items on your MacBook Pro, open System Settings, click Siri & Spotlight, then click to deselect Siri Suggestions in the list of Search Results. You can also make other changes to the list of categories Spotlight searches.

Learn more.

See [Search with Spotlight on Mac](#) in the macOS User Guide.

Siri on your Mac

You can activate Siri with your voice on your MacBook Pro and use Siri for many tasks. For example, you can schedule meetings, change settings, get answers, send messages, place calls, and add items to your calendar. Use Siri to give you directions (“How do I get home from here?”), provide information (“How high is Mount Whitney?”), perform basic tasks (“Create a new grocery list”), and much more.

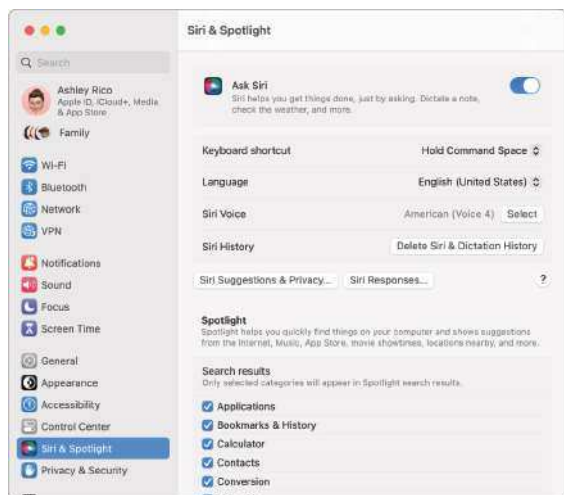
If you enable the “Listen for ‘Hey Siri’” option in Siri settings, Siri is available whenever you say “Hey Siri” and immediately speak your request.

Note:


To use Siri, your Mac must be connected to the internet. Siri may not be available in all languages or in all areas, and features may vary by area.

Enable and activate Siri.

Open System Settings, click Siri & Spotlight, and set options. If you enabled Siri during setup, on the 13-inch MacBook Pro, either tap the Siri button in the Control Strip on the Touch Bar, or press and hold Command-Space bar to open Siri. On the 14-inch or 16-inch MacBook Pro, press and hold the Dictation/Siri (F5) key to open Siri. Or click Siri & Spotlight in System Settings, then select Ask Siri. You can set other Siri settings, such as the language and voice to use.



Tip:

You can add the Siri icon to the menu bar by selecting that option in Control Center settings. Then click the Siri icon  to use Siri.

Hey Siri.

On your MacBook Pro, you can simply say “Hey Siri” to get responses to your requests. To enable this feature in Siri settings of System Settings, click “Listen for ‘Hey Siri,’” then speak several Siri commands when prompted.

For convenience, “Hey Siri” doesn’t respond when the lid to your MacBook Pro is closed. If the lid is closed *and* connected to an external display, you can still activate Siri from the icon in the menu bar.

Tip:

To learn about more ways you can use Siri, ask “What can you do?” at any time, or see the Apple Support article [What can I ask Siri?](#)

Play some music.

Just say “Play some music,” and Siri does the rest. You can even tell Siri, “Play the top song from March 1991.”

Drag and drop.

Drag and drop images and locations from the Siri window into an email, text message, or document. You can also copy and paste text.

Change the voice.

Click Siri & Spotlight in System Settings, then choose an option from the Siri Voice menu.

Throughout this guide, you’ll find suggestions for things you can use Siri for—they look like this:

Ask Siri.

Say something like:

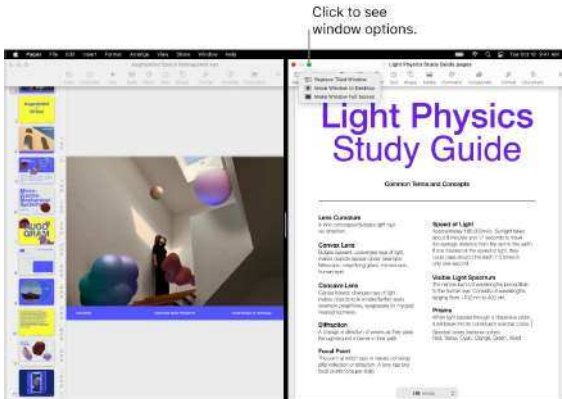
- “Show me my reminders.”
- “What time is it in Paris?”

Learn more.

See the [Use Siri on Mac](#) in the macOS User Guide.

Window management on your Mac

It's easy to find yourself with a dozen open apps and one or more windows for each app open on your desktop. Luckily, there are some efficient ways to see and navigate the windows you have open. When you want to focus, you can expand one app to fill the whole screen or choose two apps to share the screen. Automatically organize your apps and windows with Stage Manager to keep your desktop clutter-free and quickly move between tasks. When you need to find a window that's buried, use Mission Control to show all your open windows in a single layer. You can use multiple desktop spaces to spread out your work on different desktops and easily move between them.



Use the whole screen.

Use full-screen view when you want your app to fill the whole screen. Many apps on your Mac, such as Keynote, Numbers, and Pages, support full-screen view. In full screen, the menu bar is hidden until you move the pointer over the top of the screen, or you can choose to always show the menu bar. To enter or leave full-screen view, move the pointer over the green button in the top-left corner of the window, then choose Enter Full Screen from the menu that appears. See [Use apps in full screen](#) in the macOS User Guide.

Split the screen.

Use Split View to work in two app windows side by side. Like full screen, the two windows fill the screen. Move the pointer to the green button in the top-left corner of a window you want to use, then choose Tile Window to Left of Screen or Tile Window to Right of Screen from the menu that appears. Click another window and it automatically fills the other half of the screen. When the pointer is over the green button, the menu that appears has options to switch apps, take the two windows to full screen, and more. See [Use apps in Split View](#) in the macOS User Guide.





Stage Manager.

Automatically organize your apps and windows so your desktop stays clutter-free. What you want to focus on is front and center with your other windows

arranged on the side and accessible with a single click. Open Control Center and click Stage Manager. See [Organize your Mac desktop with Stage Manager](#) in the macOS User Guide.

Mission Control.

Quickly move your open windows into a single layer, then click a window to return to regular view with that window in front and active. If you have additional desktops (spaces) or have apps in Split View, they appear in a row along the top of the screen. To enter or leave Mission Control, press  on the top row of your keyboard, or press Control-Up Arrow. You can also add the Mission Control icon  to the Dock. See [See open windows and spaces in Mission Control](#) in the macOS User Guide.

When one desktop isn't enough.

Organize your app windows into multiple desktop spaces, then switch between them as you work. To create a space, enter Mission Control and click the Add Desktop button .

Use keyboard shortcuts and Mission Control to move between your spaces. You can drag windows from one space to another and add or delete spaces as you work. See [Work in multiple spaces](#) in the macOS User Guide.

That horizontal traffic light.

The red, yellow, and green buttons in the top-left corner of every window aren't just for show. Click the red button to close an app window. For some apps, this quits the app and closes all open windows for the app. For others, it closes the current window but leaves the app open. The yellow button closes the window temporarily and puts it in the right side of the Dock. When you want to reopen it, click it in the Dock to expand it. And the green button is a quick way to change your windows to full screen and Split View, and more.

Display settings for your Mac

Match the light in your surroundings.

Your MacBook Pro has True Tone technology. True Tone automatically adapts the color of the display to match the light in your environment for a more natural viewing experience. Turn True Tone on or off in the Displays settings in System Settings.

Use a dynamic desktop.

When you use a dynamic desktop picture, the desktop picture automatically changes to match the time of day in your location. Click Wallpaper in System Settings, then choose a picture for Dynamic Desktop. To have your screen change based on your time zone, enable Location Services. If Location Services is turned off, the picture changes based on the time zone specified in Date & Time settings.

Stay focused with Dark Mode.

You can use a dark color scheme for the desktop, menu bar, Dock, and all the built-in macOS apps. Your content stands out front and center while darkened controls and windows recede into the background. See [white text on a black background](#) in apps such as Mail, Contacts, Calendar, and Messages, so it's easier on your eyes when you're working in dark environments.



Dark Mode is finely tuned for professionals who edit photos and images—colors and fine details pop against the dark app backgrounds. But it's also great for anyone who just wants to focus on their content.

Night Shift.

Switch your Mac to warmer colors at night or in low-light conditions to reduce your exposure to bright blue light. Blue light can make it harder to fall asleep, so warmer screen colors may help you get a better night's rest. You can schedule Night Shift to turn on and off automatically at specific times, or set it to come on from sunset to sunrise. In System Settings, click Displays, click the Night Shift button at the bottom, then set your options. Drag the slider to adjust the color temperature.

Connect a display.

You can connect an external display, a projector, or an HDTV to your Mac. See [Use an external display with your MacBook Pro](#)

Learn more.

See the Apple Support article [Using a Retina display](#)

Transfer your data to your new MacBook Pro

It's easy to copy your files and settings wirelessly from another Mac or PC to your MacBook Pro. You can transfer information to your MacBook Pro from an existing computer or from a Time Machine backup on a USB storage device.

You might need to upgrade the macOS version on your older computer before you can transfer the information on it—Migration Assistant requires macOS 10.7 or later, but it's best to update your older computer to the latest version possible. If you're not sure which MacBook Pro you have or want to find information about other models, see the Apple Support article [Identify your MacBook Pro model](#)

Tip:

For best results, make sure your new MacBook Pro is running the latest version of macOS. Open System Settings, then click General > Software Update to check for updates.

Move from a PC to a Mac.

If you're new to Mac and want to transfer from a Windows computer, see [Transfer info from a PC to Mac](#) in the macOS User Guide and the Apple Support article [Move your data from a Windows PC to your Mac](#)

Transfer wirelessly.

If you didn't transfer your data when you first set up your MacBook Pro, you can use Migration Assistant at any time. Open a Finder window, go to Applications, open the Utilities folder, then double-click Migration Assistant and follow the onscreen instructions. Make sure both computers are connected to the same network, and keep the computers near each other throughout the migration process.



Tip:

To transfer the information wirelessly from your existing computer to your MacBook Pro, make sure both computers are connected to the same network. Keep both computers near each other throughout the migration process.

If you used Time Machine to back up your files from another Mac to a storage device (such as an external disk), you can copy the files from the device to your MacBook Pro. See [Back up and restore your Mac](#).

Copy files from a storage device.

Connect the storage device to your MacBook Pro using an appropriate adapter if necessary (see [Adapters for your MacBook Pro](#)). Then drag files from the storage device to your MacBook Pro.

Restore your content.

To learn how to restore your Mac from a Time Machine or other backup, see the Apple Support article [Restore your Mac from a backup](#).

Learn more.

See [Transfer your information to Mac from another computer or device](#) in the macOS User Guide and the Apple Support article [Move your content to a new Mac](#).

Back up and restore your Mac

To keep your files safe, it's important to back up your MacBook Pro regularly. The easiest way to back up is to use Time Machine—which is built into your Mac—to back up your apps, accounts, settings, music, photos, movies, and documents. (Time Machine doesn't back up the macOS operating system). Use Time Machine to back up to an external storage device connected to your MacBook Pro, or to a supported network volume. For a list of devices supported by Time Machine, see the Apple Support article [Backup disks you can use with Time Machine](#).

Set up Time Machine.


Make sure your MacBook Pro is on the same Wi-Fi network as your external storage device, or connect the external storage device to your MacBook Pro. Open System Settings, click General > Time Machine, then click Add Backup Disk. Select the drive you want to use for backup, and you're all set.

Back up with iCloud.

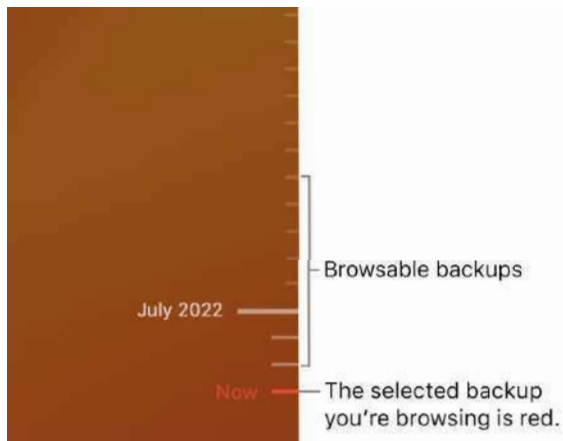
Files in iCloud Drive and photos in iCloud Photos are automatically stored in iCloud and don't need to be part of your Time Machine backup. However, if you'd like to back them up, do the following:

- **iCloud Drive:**
Open System Settings, click Apple ID, then click iCloud and deselect Optimize Mac Storage. The contents of your iCloud Drive will be stored on your Mac and included in your backup.
- **iCloud Photos:**
Open Photos, choose Photos > Settings, then click iCloud and select "Download Originals to this Mac." Full-resolution versions of your entire photo library will be stored on your Mac and included in your backup.

Restore your files.

You can use Time Machine to restore all your files at once. Click the Time Machine icon in the menu bar, then choose "Browse Time Machine backups." (If the Time Machine icon isn't in the menu bar, choose Apple Menu  > System Settings, then click Control Center in the sidebar. Click the pop-up menu next to Time Machine on the right, then choose an option.) Select one or more items that you want to restore (individual folders or your entire disk), then click Restore.

If you use Time Machine to back up your Mac, you can recover your files if the operating system or startup disk is damaged. To do this, you must first reinstall macOS on your Mac before you can restore your files using your Time Machine backup. Read on for more information.



Reinstall macOS.

Your operating system files are kept separate from your personal files in a sealed system disk. However, some actions, like erasing or inadvertently damaging a disk, require that you restore your MacBook Pro. You can reinstall macOS and then use Time Machine to restore your personal files from your backup. With macOS Big Sur and later, there are several ways to restore your Mac. You may be required to install a newer version of macOS than what your computer originally came with, or what you were using before the disk was damaged. To learn more about these options, see [Recover all your files from a Time Machine backup](#)

in the macOS User Guide and the Apple Support article [How to reinstall macOS](#)

Important:

Advanced users may want to create a bootable installer to reinstall macOS in the future. This can be useful if you want to use a specific version of macOS. See the Apple Support article [How to create a bootable installer for macOS](#)

Restore factory settings.

You can restore your Mac to its original state by erasing your Mac, then using macOS Recovery to reinstall macOS. See [Erase your Mac](#) in the macOS User Guide.

Learn more.

See [Back up your files with Time Machine](#) and [Time Machine troubleshooting on Mac](#)

in the macOS User Guide. Also see the Apple Support article [What to do before you sell, give away, or trade in your Mac](#)

Accessibility on your Mac

Your Mac, iOS devices, and iPadOS devices include powerful tools to make Apple product features available and easy to use by all. There are four main accessibility focus areas for your Mac. Click a link to learn more about the features for each area:

- [Vision](#)
- [Hearing](#)
- [Mobility](#)
- [Cognitive](#)

For comprehensive details about Accessibility support in Apple products, go to [Accessibility](#).

Accessibility settings.

In System Settings

, Accessibility settings are organized around topics of vision, hearing, and motor, making it simpler to find what you're looking for.

Live Captions (Beta).

Add real-time captions for conversations, audio, and video. Not available in all languages, countries, or regions. See [Use Live Captions](#) in the macOS User Guide.

Do it all with Voice Control.

You can control your Mac with just your voice. All audio processing for Voice Control happens on your Mac, so your personal data is kept private. See [Control your Mac and apps using Voice Control](#).

Accurate dictation.

If you can't type by hand, accurate dictation is essential for communication. Voice Control brings the latest advances in machine learning for speech-to-text transcription.

Dictate custom spellings letter by letter. You can also add custom words to help Voice Control recognize the words you commonly use. Choose **System Settings > Accessibility**, select **Voice Control**, click **Vocabulary**, then add the words you want. To customize commands in the **Voice Control** settings page, click **Commands**, then select to keep default commands or add new ones.

Note:

The dictation accuracy improvements are for these languages: English (US, UK, India, Australia), Mandarin Chinese (China mainland), Cantonese (Hong Kong), Japanese (Japan), Spanish (Mexico, Latin America, Spain), French (France), and German (Germany).

Rich text editing.

Rich text editing commands in Voice Control let you quickly make corrections and move on to expressing your next idea. You can replace one phrase with another, quickly position the pointer to make edits, and select text with precision. Try saying "Replace 'John will be there soon' with 'John just arrived'." When you correct words, word and emoji suggestions help you quickly select what you want.

Comprehensive navigation.

Use voice commands to open and interact with apps. To click an item, just say its accessibility label name. You can also say "show numbers" to see number labels appear next to all clickable items, and then say a number to click. If you need to touch a part of the screen without a control, you can say "show grid" to superimpose a grid on your screen and do things like click, zoom, drag, and more.



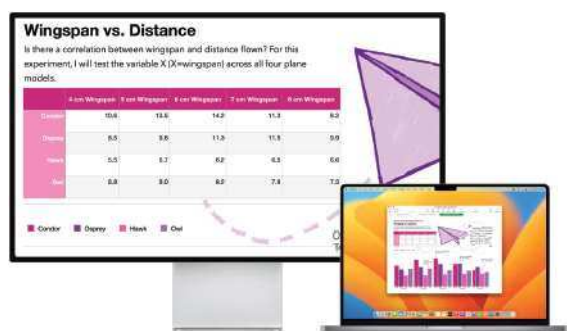
Hover and zoom.

Use **Hover Text** to display high-resolution text for screen items under your pointer. Press **Command** while hovering over text with the pointer, and a window

with zoomed text appears on your screen.



Zoom Display lets you keep one monitor zoomed in tightly and another at its standard resolution. View the same screen up close and at a distance simultaneously.



Make an easy-to-see custom pointer.

Customize the outline and fill color of the mouse pointer so it's easier to recognize when it moves or changes to an insertion point, crosshair, hand, or other shape.

Improved keyboard access.

An expanded set of keyboard shortcuts allows you to control everything on your Mac with a keyboard—no mouse or trackpad required.

Use VoiceOver, the built-in screen reader.

VoiceOver describes aloud what appears on the screen and speaks the text in documents, webpages, and windows. Using VoiceOver, you control your Mac with the keyboard or trackpad gestures, or connect a refreshable braille display to use with VoiceOver. To customize VoiceOver, use VoiceOver Utility. See [VoiceOver User Guide](#)

Ask Siri.

Say something like:

- "Turn VoiceOver on."
- "Turn VoiceOver off."

Use Siri for VoiceOver.

If you prefer the natural voice of Siri, you can choose to use Siri for VoiceOver or Speech. Simplified keyboard navigation requires less drilling into unique focus groups—making it even easier to navigate with VoiceOver. You can also store custom punctuation marks in iCloud, and choose from International Braille tables. And if you're a developer, VoiceOver now reads aloud line numbers, break points, warnings, and errors in the Xcode text editor.

VoiceOver image descriptions.

Using Markup in Preview or Quick Look, you can add alternative image descriptions that can be read by VoiceOver. Image descriptions persist even when shared and can be read by a range of supported apps on iPhone, iPad, and Mac.

VoiceOver PDF signature descriptions.

Add custom descriptions to your PDF signatures so you can identify them quickly and choose the right one.

Color enhancements.

If you have a color vision deficiency, you can adjust your Mac display colors using color filter options. It's easy to turn this setting on or off to quickly differentiate a color using the Accessibility Options panel, which you can access by triple-pressing Touch ID.

Background sounds.

Mask unwanted environmental noise and minimize distractions with calming sounds like ocean or rain.

Customize your Memoji.

Add cochlear implants, oxygen tubes, and a soft helmet for headwear to your Memoji. See [Messages](#) to learn about creating your Memoji.

Learn more.

See [Get started with accessibility features on Mac](#) in the macOS User Guide.

New features on your MacBook Pro



macOS Ventura introduces new features and improvements to help you get the most out of your Mac.

Take your productivity and creativity to the next level with new ways to get more done:

-

Mail:

Unsend an email you just sent, schedule emails to be sent whenever you like, and get reminders to follow up or come back to an email later. When you search in Mail, you now receive suggestions for recently shared content, like documents and links. Search also provides more accurate results; it's aware of when you make typos and it searches for synonyms for your search terms. See [Mail](#)

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Freeform:

A new app that you can use to brainstorm by yourself or with others. Create a board and add text, media, files, and more. Access your boards on all your devices and see changes in real time. Available starting on macOS 13.1 and iOS 16.2. See [Freeform](#)

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- **Stage Manager:**
Automatically organize your apps and windows so your desktop stays clutter-free. What you want to focus on is front and center, with your other windows arranged on the side and accessible with a single click. See [Window management on your Mac](#).

- **Spotlight:**
With Spotlight, you can perform Quick Actions, like setting a timer. And enhanced image search in Spotlight lets you search for images in Photos, Messages, and more, or use Live Text to search real text in images. See [Spotlight on your Mac](#).

- **Safari:**
The world's fastest browser with a focus on protecting your privacy.* Safari now has passkeys, an even more secure way to sign in, keeping you safe from phishing and data leaks. See [Safari](#).

- **Focus:**
More options to customize a Focus to fit what you're currently doing, and allow notifications from certain people or apps, for phone calls or upcoming events, and more. Share your Focus across devices and use Focus filters to hide distracting content in apps like Calendar, Messages, Safari, and Mail. See [Notification Center on your Mac](#).

Share experiences and collaborate more seamlessly in your favorite apps:

- **Messages:**
Messages can now be used to send an invitation to collaborate on projects in other apps like Keynote, Numbers, Pages, Notes and more. Messages also now includes other new features, including the capability to unsend a recently sent message for up to 2 minutes after sending it, or edit a recently sent message for up to five times within 15 minutes after sending it. See [Messages](#).

- **iCloud Shared Photo Library:**
Add photos and videos to a library that you can share with up to five other people. Everyone's edits, comments, and new content shows up for everyone else, and you can use smart suggestions to automatically add certain photos or video from your personal library, like those featuring specific people or from a certain date. See [Photos](#).

- **Activity Stream:**
With Activity Stream, you can keep track of every change while collaborating on a Numbers, Keynote, or Pages document. A detailed list in the sidebar shows all edits, comments, and other file management changes. See [Pages](#), [Keynote](#), and [Numbers](#).

Use your Mac and all your devices together in new ways:

- **Continuity Camera:**
Now when you're on a video call, you can use your iPhone as your webcam, and it works wirelessly. You can also use Desk View to share what's on your desk in front of you, while providing a view of your face. Available on iPhone 11 or later. See [Continuity Camera on your Mac](#).

- **FaceTime:**
With FaceTime, you can now handoff a call between devices. If you're on the go and start a FaceTime call on your iPhone, you can transfer it to your

MacBook Pro when you reach home. Or you can start that FaceTime call at your desk and take it with you when you leave the house. See [FaceTime](#)

Home:

The Home app has an all-new design that makes it easier to navigate, organize, view, and control all your accessories. View your entire home at a glance, use categories to quickly access all of your relevant accessories by room, and navigate accessories, categories, and rooms with an updated sidebar and new tile design. See [Home](#)

And so much more, macOS Ventura also provides these new features:

Notes:

You can now use your Mac login password to lock a note. You can also organize your notes more easily with Smart Folders that can automatically find notes by Tags, Mentions, Quick Notes, Date Created, and more. See [Notes](#)

Reminders:

The Today and Scheduled Lists have been improved with time- and date-based grouping, making it easier to view and add reminders. You can also save a list as a template to use later, whether it's a packing list for a trip, a project checklist, or something else. See [Reminders](#)

Clock:

The Clock app on iPad and iPhone is now available on your Mac. In addition to setting world clocks, timers, and alarms within the app, you can also create customized Clock shortcuts that you can access from the menu bar or Finder, or by asking Siri. See [Clock](#) in the macOS User Guide.

System Settings:

A new look for System Preferences. See [System Settings on your Mac](#)

Accessibility:

See Live Captions (Beta) when watching video, listening to audio, during conversations, or on FaceTime calls. Play background sounds to help you focus. Select new languages and voices to use for VoiceOver and spoken content. You can use VoiceOver to check for common formatting issues. Use Voice Control to hang up FaceTime calls and dictate custom spellings letter by letter. Link two controllers when gaming with buddy controller. See [Accessibility on your Mac](#)

News:

In the News app, My Sports lets you follow your favorite teams, leagues, and athletes; customize your feed to see the latest stories; watch highlights; and get scores, schedules, and standings for the teams and leagues you love. See [News](#)

Weather:

The Weather app is now available on your Mac, with a design optimized for a larger display, including immersive animations, detailed maps, and clickable forecast modules. See [Weather](#) in the macOS User Guide.

* Testing conducted by Apple in September 2022. List includes Stream (Z1), Motion, Mark 12, and SpaceCenter 21 performance benchmarks. Tested with pre-release Safari 16.1 and latest stable versions of Chrome, Microsoft Edge, and Firefox at the time of testing on: 13-inch MacBook Pro systems with Apple M2 and pre-release macOS Ventura, and Intel Core i7-based PC systems with Intel Iris Xe Graphics and Windows 11 Pro; 16-inch MacBook Pro 12.9-inch (5th generation) units with pre-release macOS 16.1, and Intel Core i7-based PC systems with Intel Iris Xe Graphics and Windows 11 Pro; and iPhone 13 Pro Max with pre-release iOS 16.1, and Qualcomm Snapdragon 8 Gen 1-based smartphones with Android 12. Devices tested with Wi-Fi 6E network connection. Performance will vary based on usage, system configuration, network connection, and other factors.

Use MacBook Pro with other devices

Use your MacBook Pro with iCloud and Continuity

With iCloud, you can keep your information up to date on all your devices and collaborate with friends and family. Your MacBook Pro works seamlessly with your iPhone, iPad, iPod touch, or Apple Watch when you use iCloud and sign in to each of them with the same Apple ID.

You can transfer files, share and edit documents, use your iPhone camera as a webcam for your MacBook Pro, hand off tasks between devices, share purchases and storage with Family Sharing, and more.

If you didn't turn on iCloud when you first set up your Mac, open System Settings

, click "Sign in with your Apple ID" in the sidebar, then sign in with your Apple ID

, or create a new Apple ID if you don't have one. After you are signed in, click iCloud, then turn iCloud features on or off. To learn more, see [Set up iCloud features on Mac](#)

in the macOS User Guide.

Access your content across devices.

With iCloud, you can securely store, edit, and share your documents, photos, and videos across devices to make sure you're always up to date. To get started, see [Access your iCloud content on your Mac](#)

Use your MacBook Pro with other devices.

Seamlessly move content between your MacBook Pro and other devices using Continuity. Just sign in on each device with your Apple ID

, and whenever your MacBook Pro and devices are near each other, they work together in convenient ways. You can start a task—like a FaceTime call—on one device and finish it on another (see [Use Handoff on your Mac](#)

), use your iPhone as a webcam for your MacBook Pro (see [Continuity Camera on your Mac](#)

), copy and paste between devices (see [Use Universal Clipboard on your Mac](#)

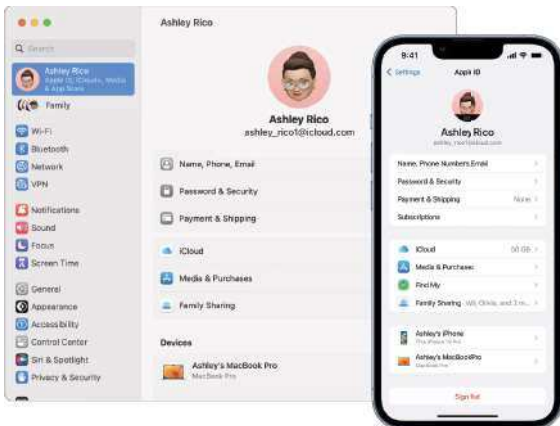
), answer calls or send texts from your MacBook Pro (see [Phone calls and text messages on your Mac](#)

), and more.

For a list of system requirements for devices that support Continuity, see the Apple Support article [System requirements for Continuity on Mac, iPhone, iPad, and Apple Watch](#)

. To learn more about using Continuity with your MacBook Pro, see the Apple Support article [Use Continuity to connect your Mac, iPhone, iPad, and Apple Watch](#)

or go to [All your devices](#)



Access your iCloud content on your Mac

iCloud helps you keep your most important information—like your photos, files, and more—safe, up to date, and available across all your devices. It's built into every Apple device, and everyone gets 5 GB of storage to start. Purchases you make from the App Store, Apple TV app, Apple Books, or iTunes Store don't count toward your available space. So if you have an iPhone, iPad, or iPod touch, just sign in on each device with your Apple ID

, turn on iCloud, and you have everything you need. You can upgrade to iCloud+ if you need more storage and premium features including iCloud Private Relay, Hide My Email, Custom Email Domain, and HomeKit Secure Video support.

For system requirements about devices that support iCloud, see the Apple Support article [System requirements for iCloud](#).



Automatically store your desktop and Documents folder in iCloud Drive.

You can save files in your Documents folder or on your desktop, and they're automatically available on iCloud Drive and accessible wherever you are. When working with iCloud Drive, you have access to files on your MacBook Pro, on your iPhone or iPad in the Files app, on the web at [iCloud.com](#), or on a Windows PC in the iCloud for Windows app. When you make changes to a file on a device or on iCloud Drive, you'll see your edits wherever you view the file.

To get started, open System Settings

, click on your Apple ID in the sidebar, click iCloud, then turn on iCloud Drive. To learn more, see [Set up and use iCloud Drive on all your devices](#) in the iCloud User Guide. Also see the Apple Support article [Add your Desktop and Documents files to iCloud Drive](#).

Store and share photos.

Store your photo library in iCloud and see your photos and videos, as well as the edits you make to them, on all your devices. To get started with iCloud Photos, open System Settings, click on your Apple ID in the sidebar, click iCloud, then turn on Photos.

Use iCloud Shared Photo Library to share photos and videos with up to five other people. Everyone can make changes—like adding new content, making edits, or adding comments—to the shared library. Smart suggestions make it easy to add particular photos from your collection, such as photos featuring a specific person or taken on a certain date. To get started, go to Photos > Settings, click the Shared Library tab, and follow the onscreen instructions. To learn more about iCloud Photos, see [Use iCloud Photos on iCloud.com](#) in the iCloud User Guide.

Enjoy your purchases anywhere.

When you're signed in to your devices with the same Apple ID, purchases you've made on the App Store, Apple TV app, Apple Books, and iTunes Store are available at any time, no matter which computer or device you used to purchase them. So all your music, movies, books, and more are available wherever you go.

Locate your MacBook Pro with Find My Mac.

If your MacBook Pro is missing and you have Find My Mac turned on, you can use [Find My](#) to locate it on a map, lock its screen, and even erase its data remotely. To turn on Find My Mac, open System Settings, click your Apple ID in the sidebar, click iCloud, then turn on Find My Mac. See the Apple Support article [If your Mac is lost or stolen](#).

Note:

If your MacBook Pro has multiple user accounts, only one can have Find My Mac turned on.

Do more with iCloud+.

iCloud+ is a subscription service that gives you all the storage tiers and sharing features of iCloud but with additional features. You can share any size iCloud+ storage plan through Family Sharing. iCloud+ also includes iCloud Private Relay, HomeKit Secure Video, and custom email domains for your Mail address on [iCloud.com](#). Here's what you get with an iCloud+ subscription:

- **Storage:**
50 GB, 200 GB, or 2TB of iCloud storage.
- **iCloud Private Relay:**
Private Relay is an internet privacy service that hides your IP address in Safari and protects your unencrypted traffic. When it's on, you can browse the web with extra security and privacy.
- **Hide My Email:**
Create unique, random email addresses that forward to your personal inbox, so you can send and receive email without having to share your personal email address.
- **HomeKit Secure Video:**
Connect your home security cameras in the Home app to record your footage and view it from anywhere. It's end-to-end encrypted, and none of the video counts against your iCloud storage.
- **Custom email domains:**
Personalize your iCloud Mail address with a custom domain name. You can invite your family members to use the same domain with their iCloud Mail accounts.
- **Family Sharing:**
All iCloud+ plans can be shared with up to five family members, so everyone can enjoy all these features and included storage with a single subscription.

Learn more.

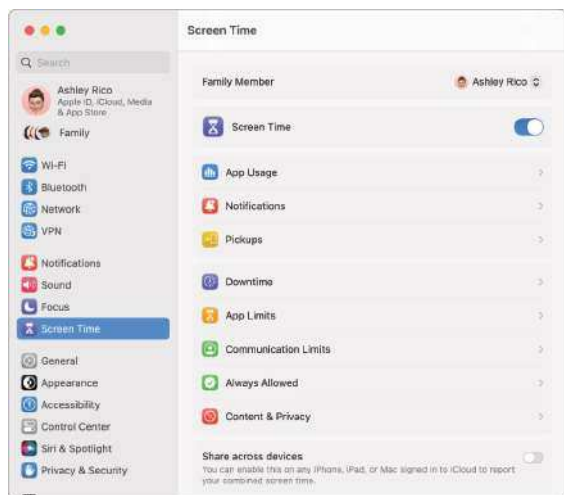
See the [iCloud User Guide](#) and [What is iCloud?](#) in the macOS User Guide.

Screen Time on Mac

Screen Time shows how you spend time on your MacBook Pro, provides tools to make it easy to step away during downtime, and lets you monitor what your kids are doing on their Apple devices.

See how you use your MacBook Pro.

View reports to see how much time you're spending with apps and websites during a single day or across a week, find out which apps notify you the most, and see how often you pick up your device each day. Open System Settings, choose Screen Time in the sidebar, then click App Usage, Notifications, or Pickups.



Set your limits.

Set limits to control how much time you spend with specific apps, categories of apps, and websites. In Screen Time, choose **Downtime**, then create a daily schedule or a custom one for every day of the week.

Manage your kid's screen time.

Parents can configure Screen Time on their Mac—or iPhone or iPad—and everything is set up for their kids on their devices. You can also set age-based media ratings for the Music and Books apps. See [Set up Screen Time for a child on Mac](#) to learn more.

Don't miss the important things.

Choose which apps or website you always need access to. In Screen Time, choose **Always Allowed**, then turn on the apps that you want to remain available during downtime.

Learn more.

See [Manage downtime in Screen Time](#) and [Set up content and privacy restrictions in Screen Time](#) in the macOS User Guide.

Use Handoff on your Mac

With Handoff, you can continue on one device where you left off on another. Start a FaceTime call on your iPhone, then transfer the call to your MacBook Pro when you get back to your desk. Or work on a presentation on your MacBook Pro, then continue on your iPad. View a message on your Apple Watch, and respond to it on your MacBook Pro. Handoff works with FaceTime, Safari, Mail, Calendar, Contacts, Maps, Messages, Notes, Reminders, Keynote, Numbers, and Pages.



Note:

To use Handoff, you need an iPhone or iPod touch with iOS 8 or later, or an iPad with iPadOS installed. Make sure your MacBook Pro, iOS device, or iPadOS device have Wi-Fi and Bluetooth turned on and are signed in with the same Apple ID.

Hand off actions between devices.

For most activities, when your MacBook Pro and other devices are near each other, an icon appears in the Dock when that activity can be handed off; click the icon to hand off between your devices.



For FaceTime, no icon appears in the Dock for hand off. Instead, if you want to hand off a call from your iPhone or iPad to your MacBook Pro, click  in the menu bar on your Mac, click **Switch**, then click **Join** in the FaceTime window on your Mac. To hand off a FaceTime call from your MacBook Pro to your iPhone or iPad, tap  in the upper left of your iPhone or iPad, tap **Switch**, then tap **Switch** again.

Turn on Handoff on your MacBook Pro.

Open System Settings

, click **General** in the sidebar, click **Airdrop & Handoff**, then select "Allow Handoff between this Mac and your iCloud devices."

Turn on Handoff on your iOS or iPadOS device.

Go to **Settings > General > Handoff**, then tap to turn on **Handoff**. If you don't see the option, your device doesn't support Handoff.

Turn on Handoff on your Apple Watch.

In the Apple Watch app on iPhone, go to **Settings > General**, then tap to turn on **Enable Handoff**.

Learn more.

See [Pick up where you left off with Handoff](#) in the macOS User Guide.

Use Universal Clipboard on your Mac

Copy content from one device, and paste it to another nearby device within a short period of time. The contents of your clipboard are sent over Wi-Fi and made available to all Mac, iPhone, iPad, and iPod touch devices that are signed in with the same Apple ID and have Handoff, Wi-Fi, and Bluetooth turned on. See [Use Handoff on your Mac](#).

Note:

To use Universal Clipboard, you need an iPhone or iPod touch with iOS 10 or later, or an iPad with iPadOS installed.



Use across apps.

You can copy and paste images, text, photos, and video between any apps that support copy and paste on your Mac, iPhone, iPad, and iPod touch.

Copy and paste files.

You can quickly move files from one Mac to another using Universal Clipboard. Copy a file on your MacBook Pro and paste it to a Finder window, Mail message, or any app on a nearby app that supports copy and paste. You must be signed in with the same Apple ID on both computers.

Learn more.

See [Copy and paste between devices from your Mac](#) in the macOS User Guide.

Universal Control

With Universal Control, you can use a single keyboard and mouse, or trackpad to control multiple devices. When you move the pointer to the edge of your MacBook Pro screen, the pointer moves to your iPad or another Mac, so you can work across up to three devices.

Note:

To use Universal Control, you must have macOS version 12.3 or later on your Mac and iPadOS 15.4 or later on your iPad.



Check your connections.

Universal Control on your Mac uses Bluetooth to detect another device and Wi-Fi to connect it. Make sure each device has Bluetooth turned on and is connected to Wi-Fi. Also make sure Handoff is turned on in the General settings on your MacBook Pro and in Settings > General > AirPlay & Handoff on your iPad. You must also be signed in with the same Apple ID on both devices, and have two-factor authentication turned on. When these settings are correct, you can use Control Center to connect your devices. On your Mac, click Control Center in the menu bar, click Screen Mirroring, then choose a device below Link Keyboard and Mouse.

Move between screens.

On your Mac, use your mouse or trackpad to move the pointer to the right or left edge of the screen closest to your iPad, pause, then move the pointer slightly past the edge of the screen. When a border appears at the edge of the iPad screen, continue moving the pointer to the iPad screen.

Drag and drop.

Select the text, image, or other object you want to move, then drag it to where you want it on your other device. For example, you can drag a sketch you drew with Apple Pencil from your iPad to the Keynote app on your MacBook Pro. You can also copy something on one device and paste it on the other.

Share a keyboard.

When the pointer is in a document or anywhere that you can enter text and the insertion point is blinking, begin typing.

Learn more.

See [Use a keyboard and mouse or trackpad across devices with Universal Control on Mac](#) in the macOS User Guide.

Sidecar on your Mac

With Sidecar, you can turn your iPad into a second display for your Mac and use your iPad as a tablet input device for your Mac apps. Give yourself extra space to work, draw with Apple Pencil, mark up PDFs and screenshots, and more.


Note:


You can use Sidecar with iPad models that support Apple Pencil and run iPadOS 13.1 (or later). For more information, see the Apple Support article [Apple](#)

Pencil compatibility




Setup and connect.

You can use your iPad wirelessly within 32 feet (ten meters) of your Mac, or connect your iPad to your Mac with a cable to keep it charged. To set up your iPad as a second display, go to Apple menu .

> System Settings, click Displays, then choose your iPad from the Add Display pop-up menu. Later, you can connect to your iPad in the Display section of Control Center .

To disconnect your iPad from your Mac, click the Sidecar button .

in Control Center. You can also tap .

in the sidebar of your iPad.


Set Sidecar settings.

Open System Settings, click Displays, then click the name of your iPad. You can then specify Sidecar settings for your iPad, such as whether it is the main display or mirrors your Mac, whether it shows the sidebar and Touch bar and where they are located, and if you can double-tap with Apple Pencil to access icons.

Note:

If you haven't set up your iPad, you don't see these options in Display settings.

Extend or mirror your desktop.

When you connect your iPad, it automatically becomes an extension of your Mac desktop, so you can drag your apps and documents between your Mac and iPad. To show your Mac screen on both devices (mirror the display), move your mouse over the Sidecar button  in Control Center, click the right arrow that appears above the button, then select Mirror Built-in Retina Display. To extend your desktop again, open the menu and choose Use As Separate Display.

Tip:

For quick access to the Sidecar options, you can set Display settings  to always appear in the menu bar. Go to System Settings > Control Center, then use the pop-up menu next to Displays to select whether to show the Displays icon in the menu bar all the time or only when active. When Sidecar is on and your iPad is connected, the Display icon in the menu bar changes to .

Use Apple Pencil.

Precisely draw and create in your favorite pro apps. Just drag the window from your Mac to your iPad and start using Apple Pencil. Or use Apple Pencil to mark up PDFs, screenshots, and images. To learn more, see [Continuity Sketch and Continuity Markup on your Mac](#).

Note:

Pressure and tilt for Apple Pencil only work in apps with advanced stylus support.

Take advantage of sidebar shortcuts.

Use the sidebar on your iPad to quickly reach commonly used buttons and controls. Tap the buttons to undo actions, use keyboard shortcuts, and display or hide the menu bar, Dock, and keyboard.

Use Touch Bar controls—with or without a Touch Bar.

For apps that have Touch Bar support, the controls appear at the bottom of the iPad display, whether or not your Mac has a Touch Bar.

Learn more.

See [Use your iPad as a second display for your Mac](#) in the macOS User Guide.

Continuity Camera on your Mac

Continuity Camera on your Mac lets you use your iPhone as an additional camera for your Mac. You can use your iPhone camera to make video calls or to take photos to insert them into documents or save them to your Mac.

Note:

To use Continuity Camera as a webcam requires an iPhone XR or newer. To use Continuity Camera to share photos, you need an iPhone or iPod touch with iOS 12 (or later) or an iPad with iPadOS 13.1 (or later) installed. Make sure your MacBook Pro and iOS or iPadOS device have Wi-Fi and Bluetooth turned on and are signed in with the same Apple ID.




Work wirelessly.

After you set up Continuity Camera, your Mac can automatically switch to using iPhone as a camera when it is in range. You can also use a wired connection if you prefer. See [Choose an external camera](#) in the macOS User Guide.

Use your iPhone microphone.

You can also use your iPhone as a microphone for your Mac. Use the Video menu in FaceTime to select your iPhone during a call or use app settings to switch to your iPhone's microphone during video calls. You can also use Audio settings in System Settings to select your iPhone as your system microphone.

Use Video Effects.

When you use your iPhone's camera to make video calls, you have access to video effects like Center Stage, Portrait mode, Studio Light and Desk View. Center Stage keeps the camera centered on you as you move, while Studio Light dims the background and illuminates your face, and Portrait mode blurs the background and keeps the focus on you. With Desk View, when you use your iPhone as a webcam for your MacBook Pro, you can show your face as well as what's in front of you. To use video effects, click Control Center  in the menu bar, then select the effect you want to use. iPhone 11 or newer is required for Center Stage and Desk View, and iPhone 12 or newer is required for Studio Light.

Insert an image or scan.

Use the camera on your iPhone, iPad, or iPod touch to scan documents or take a picture of something nearby. The image appears instantly on your Mac.

In an app like Mail, Notes, or Messages, select where you want the image to go, choose **File** (or **Insert**) > **Import From iPhone or iPad**, choose “Take Photo” or “Scan Documents,” then take the photo or scan the image on your iOS or iPadOS device. You might need to select your iOS or iPadOS device before taking the photo. Tap **Use Photo** or **Keep Scan**. You can also tap **Retake** if you want to try again.

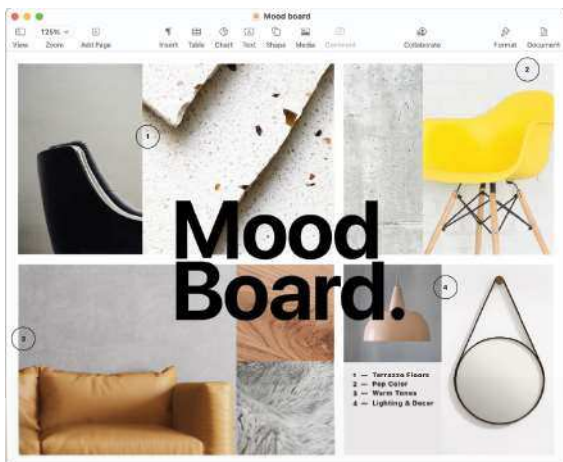
In an app such as Pages, select where you want the image to be inserted, then **Control-click**, choose “Import image,” and take the photo. You might need to select your device before taking the photo.

Note:

To take a scan on your iOS or iPadOS device, drag the frame until what you want to show is in the frame, tap **Keep Scan**, then tap **Save**. Tap **Retake** to rescan the content.



The photo or scan appears where you want it in your document.



Learn more.

See [Use your iPhone as a webcam](#) and [Insert photos and scans with Continuity Camera on Mac](#) in the macOS User Guide.

Continuity Sketch and Continuity Markup on your Mac

With Continuity Sketch, you can use your nearby iPhone or iPad to draw a sketch and instantly insert it into a document on your Mac—for example, in an email, a message, a document, or a note. Or use Continuity Markup to edit a document using your finger on an iOS device or with Apple Pencil on an iPad, and see those markups on your Mac.

Note:



To use Continuity Sketch and Continuity Markup, you need an iPhone or iPod touch with iOS 13 (or later) or an iPad with iPadOS 13.1 (or later). Make sure


you're signed in with the same Apple ID on all the devices, and that they have Wi-Fi and Bluetooth turned on. Pressure and tilt for Apple Pencil work only in apps with advanced stylus support.

Insert a sketch.

In an app like Mail, Notes, or Messages, position the pointer where you want to insert a sketch. Choose **File (or Insert) > Import from iPhone or iPad**, then choose **Add Sketch**. On your iOS device or iPad, draw a sketch using your finger or Apple Pencil (on an iPad that supports it), then tap **Done**. On your Mac, the sketch appears where you positioned the pointer. Depending on where the sketch is inserted, you can mark it up, enlarge it, and so on.

Mark up a document.

With **Continuity Markup**, you can use a nearby iPad  or iPhone/iPod touch 

to mark up PDFs, screenshots, and images, and see the results on your Mac. Press and hold the **Space** bar to view the document in **Quick Look**, then click the device icon. If both devices are nearby, click **Annotate** , then choose a device. The tool may appear highlighted to show your device is connected.

Start writing, drawing, or adding shapes with your finger or Apple Pencil (on an iPad that supports it). See the updates live on your Mac as you make them on your iPad, iPhone, or iPod touch.



Learn more.

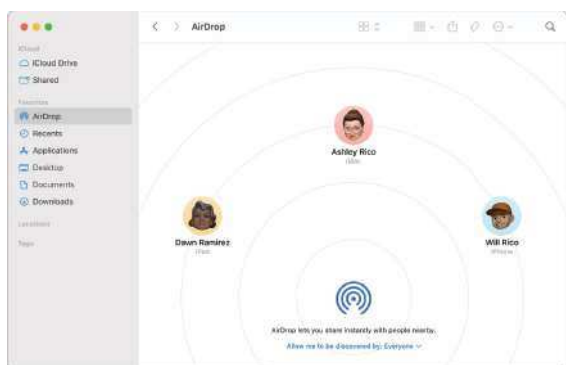
See [Insert sketches with Continuity Sketch](#) in the macOS User Guide and the Apple Support article [Use Markup on your iPhone, iPad, or iPod touch](#).

Use AirDrop on your Mac

AirDrop makes it easy to share files with nearby Mac, iPhone, iPad, and iPod touch devices. The devices don't need to share the same Apple ID.

Note:

AirDrop for iOS or iPadOS requires devices that the device have a Lightning or USB-C connector and OS 7 (or later) or iPadOS 13.1 (or later). Not all older Macintosh computers support AirDrop (for a list of supported computers, see the Apple Support article [Use AirDrop on your Mac](#)).




Send a file from the Finder.



Control-click the item you want to send, choose **Share > AirDrop**, then select the device you want to send the item to. Or click the **Finder** icon .

in the Dock, then click AirDrop in the sidebar on the left (or choose Go > AirDrop). When the person you want to send a file to appears in the window, drag the file to them from the desktop or another Finder window. When you send a file to someone, the recipient can choose whether or not to accept the file.

Send a file from an app.

While using an app like Pages or Preview, click the Share button  and choose AirDrop, then select the device you want to send the item to.

Control who can send you items using AirDrop.

Click the Control Center icon  in the menu bar, click AirDrop , then select "Contacts only" or "Everyone." You can also turn AirDrop on or off here. iPad, iPhone, and iPod touch have similar settings. See the Apple Support article [How to adjust AirDrop settings](#)

Tip:

If you don't see the recipient in the AirDrop window, make sure both devices have AirDrop and Bluetooth turned on and are within 30 feet (9 meters) of each other. If the recipient is using an older Mac, try clicking "Can't see who you're looking for?"

Receive items using AirDrop.

When someone uses AirDrop to send an item to you on your Mac, you can choose whether to accept and save it. When you see the AirDrop notification and want the item, click Accept, then choose to save it to your Downloads folder or an app like Photos. If you're signed in on several devices with the same iCloud account, you can easily send an item (for example, a photo from iPhone) from one device to another, and it's saved automatically.

Share passwords stored in iCloud Keychain.

In Safari, you can use AirDrop to share an account password with one of your contacts, or with another Mac, iPhone, iPad, or iPod touch. From the Safari menu, open Settings > Passwords, select the website whose password you want to share, then Control-click. Choose "Share with AirDrop," then select the person or device in the AirDrop window to share the password.

Learn more.

See [Use AirDrop on your Mac to send files to devices near you](#) in the macOS User Guide and the Apple Support article [Use AirDrop on your Mac](#)

Instant Hotspot on your Mac



Lost your Wi-Fi connection? With Instant Hotspot, you can use the Personal Hotspot on your iPhone or iPad to connect your MacBook Pro to the internet instantly—no password required.


Note:

Personal Hotspot requires an iPhone with iOS 8 (or later) or a cellular-model iPad with iPadOS 13.1 (or later). See the Apple Support article [How to set up a Personal Hotspot on your iPhone or iPad](#)



Connect to your device's Personal Hotspot.

Click the Wi-Fi status icon  in the menu bar, then click .

next to your iPhone or iPad in the list (if you don't see the list, click Other Networks). The Wi-Fi icon in the toolbar changes to .

You don't need to do anything on your device—MacBook Pro connects automatically. When you're not using the hotspot, your MacBook Pro disconnects to save battery life.

Tip: If you're asked for a password, make sure your devices are setup correctly. See the Apple Support article [Use Instant Hotspot to connect to your Personal Hotspot without entering a password](#).

Check the status of your connection.

Look in the Wi-Fi status menu to see the strength of the cellular signal.

Learn more.

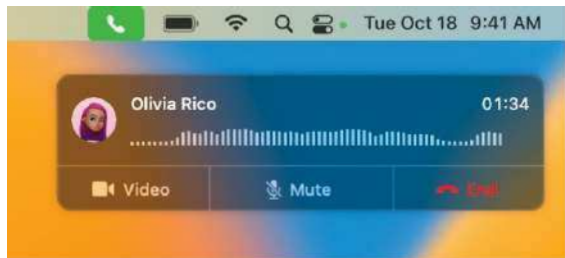
See [Use an iPhone or iPad to connect to the Internet](#) in the macOS User Guide.

Phone calls and text messages on your Mac


With a Wi-Fi connection, you can take calls—and make them—right from your MacBook Pro. You can also receive and send text messages.

Set up FaceTime for phone calls.

On your iPhone (iOS 9 or later), go to Settings > Phone and enable Wi-Fi calling. Then, on your Mac, open FaceTime. Go to Settings, choose General, then click "Calls from iPhone." See [Set up your iPhone and Mac for phone calls](#) in the FaceTime User Guide.



Make a call.

Open FaceTime on your Mac and click Create Link or New FaceTime. Create Link will generate a link that you can share using AirDrop, Mail, Messages, Notes, or Reminders. New FaceTime allows you to enter a name, email, or phone number. You can also start a FaceTime call in Contacts. Click the phone icon  in the FaceTime row for a contact. You can also click a phone number in a Spotlight search or in an app such as Safari or Calendar (your iPhone or iPad with a cellular connection must be nearby). See [Make and receive phone calls in FaceTime](#) in the FaceTime User Guide.

Take a call.

When someone calls your iPhone, click the notification that appears on your MacBook Pro screen. Your MacBook Pro becomes a speakerphone if you're not wearing headphones.

Tip: To temporarily turn off notifications about phone calls, messages, and more on your Mac, turn on the Do Not Disturb feature. Click the Control Center icon



in the menu bar, then click **Focus** and choose a time limit.

Send and receive messages

Use **Messages** to send text messages from your MacBook Pro. All messages appear on your MacBook Pro, iPhone, iPad, iPod touch, and Apple Watch, so when someone texts you, you can respond with whichever device is closest. See [Messages](#).

Learn more.

See [Set up iPhone to get SMS texts on Mac](#) in the **Messages User Guide**.


Share experiences with SharePlay

With **SharePlay**, you and your friends and family can listen to music, watch TV and movies, or view content together while on a **FaceTime** call. Start a real-time watch party with friends, check out a new music release together, share a video or song with your friends in **Messages**, or share what's on your screen and talk about it. Your friends can participate on their iPhone (iOS 15 or later), iPad (iPadOS 15 or later), or Mac with macOS Monterey or later installed. You can also watch content on Apple TV (tvOS 15 or later) while chatting with your friends on another device.

Note:

Some apps that support **SharePlay** require a subscription to participate. Not all features and content are available in all countries or regions.

Begin with FaceTime.

Start a **FaceTime** call, invite your friends, family, or colleagues, and then use **SharePlay**  to share an experience with them. You can also add a **SharePlay** link to a thread in **Messages**. Take advantage of the new features that make **FaceTime** calling even better—**grid view**, **Spatial Audio** (which spreads out the voices so they sound like they're coming from where your friends are positioned), and **voice isolation** (which spotlights your voice and minimizes background noise).



Watch together.

Bring movies, TV shows, web videos, and more into your group **FaceTime** calls, and enjoy the connection with others while watching video together. If you pause, rewind, fast-forward, or skip to a different scene, everyone's playback remains in sync. With **smart volume**, audio is adjusted automatically so you can continue to chat while watching.



Listen together.

Share music with your friends right in your FaceTime calls, or host a full-blown dance party. When listening together, anyone on the call can add songs to the shared queue. The playback controls are shared by everyone on the call and, by listening with smart volume, you and everyone else can chat without having to shout.



Share your screen.

Use SharePlay in FaceTime to bring webpages, apps, and more into your conversation. Anything that appears on your screen can be part of a shared moment. Browse vacation rentals together, shop for bridesmaid dresses, teach a new skill, or give an impromptu slideshow in Photos. Select a single window to share, or share your whole screen.



Learn more.

Start with [FaceTime](#), then see [TV](#) and [Music](#).


Subscription required for Apple TV+.

Use AirPlay on your Mac

Show whatever's on your MacBook Pro on the big screen using AirPlay screen mirroring—or use AirPlay to send content to your Mac from an iPhone, iPad, or even another Mac. To mirror the MacBook Pro screen on your high-resolution TV screen or to use the high-resolution TV as a second display, connect your high-resolution TV to Apple TV and make sure the Apple TV is on the same Wi-Fi network as your MacBook Pro. You can also play web videos directly on your high-resolution TV without showing what's on your desktop—handy when you want to play a movie but keep your work private.



Mirror your desktop using Screen Mirroring.

Click the Control Center icon  in the menu bar, click Screen Mirroring , then choose your Apple TV. When AirPlay is active, the icon turns blue.

Note:


If your Mac supports AirPlay screen mirroring, you see an AirPlay status icon in the menu bar of your Mac when an Apple TV is on the same network as your Mac. See the Apple Support article [Use AirPlay to stream video or mirror your device's screen](#).

In some cases, you can use an AirPlay display even if your MacBook Pro isn't on the same Wi-Fi network as Apple TV (called *peer-to-peer AirPlay*). To use peer-to-peer AirPlay, you need an Apple TV (3rd generation rev A, model A1469 or later) with tvOS 7.0 or later.


Send content to your Mac from other devices.

Watch videos, listen to music, and more on your Mac as they're being played on your other devices. Mirror your iPhone or iPad on your Mac or extend its display by using your Mac as a secondary display for apps that support it, such as Keynote and Photos. Use your Mac as an AirPlay 2 speaker to stream music or podcasts to your Mac, or use it as a secondary speaker for multiroom audio. Your Mac works with any Apple device, and it's even easier to connect if the devices share the same Apple ID.

Play web videos without showing your desktop.

When you find a web video with an AirPlay icon , click the icon, then select your Apple TV.

Tip:

If the image doesn't fit your high-resolution TV screen when you mirror the screen, adjust the desktop size for the best picture. Click the AirPlay icon  in the video, then choose an option under "Match Desktop Size To."

Apple TV is sold separately at apple.com or your local Apple Store.

Learn more.

To learn more about AirPlay, see [Use AirPlay to stream what's on your Mac to an HDTV](#) in the macOS User Guide. To learn more about using a second display with your MacBook Pro, see [Use an external display with your MacBook Pro](#). To troubleshoot, see the Apple Support article [If screen mirroring or streaming isn't working on your AirPlay-compatible device](#).

Subscription required for Apple TV+.

Unlock your Mac and approve tasks with Apple Watch

When you're wearing your Apple Watch, you can use it to automatically unlock your MacBook Pro and approve authentication tasks—such as entering passwords, unlocking notes and settings, and authorizing installations—without having to type a password. These features use strong encryption to provide secure communication between your Apple Watch and MacBook Pro.

To use the Auto Unlock and Approve with Apple Watch features:

- Sign in on your Mac and Apple Watch with the same Apple ID.
- Make sure your Apple Watch is unlocked and running watchOS 3 or later to automatically unlock your Mac; approving authentication requests requires watchOS 6 or later.
- Turn on two-factor authentication (see below).



Set up two-factor authentication for your Apple ID.

To turn on two-factor authentication

, open System Settings, click your Apple ID in the sidebar, click Password & Security, then select Set Up Two-Factor Authentication. See the Apple Support article [Two-factor authentication for Apple ID](#)

Make sure “Disable automatic login” is also selected. (You won’t see this option if you’re using FileVault, but you can still use the “Auto Unlock” and “Approve with Apple Watch” features. For information about FileVault, see [Encrypt Mac data with FileVault](#) in the macOS User Guide.)

Set up Auto Unlock.

Sign in on all your devices with the same Apple ID

, then open System Settings

on your MacBook Pro. Click Touch ID & Password in the sidebar, then turn on the unlock settings for Apple Watch.

Note:

These features work only when your Apple Watch is authenticated with a passcode. You authenticate your Apple Watch each time you put it on, so no extra steps are necessary after you enter your passcode.

Skip the sign-in.

Walk up to your sleeping MacBook Pro wearing your authenticated Apple Watch on your wrist, and lift the cover or press a key to wake your MacBook Pro—Apple Watch unlocks it so you can get right to work.

Approve with Apple Watch.

If you’re prompted for a password, double-click the side button on your Apple Watch to authenticate your password on your Mac. You can view your passwords in Safari, approve app installations, unlock a locked note, and more (requires watchOS 6).

Learn more.

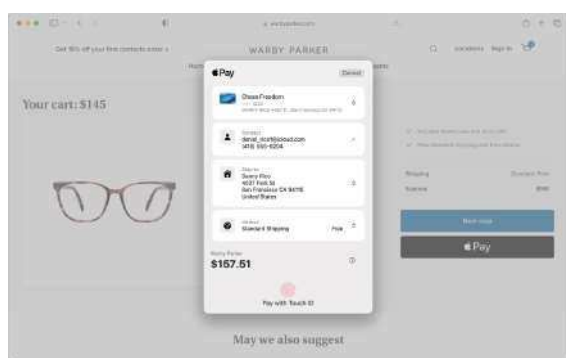
See [Unlock your Mac and approve requests with Apple Watch](#) in the macOS User Guide.

Use Apple Pay on your Mac

You can make easy, secure, and private purchases on websites using Apple Pay on your MacBook Pro. With Apple Pay, your Apple Card and other credit or debit card information is never stored or shared by Apple with the merchant. When you shop online using Safari, look for an Apple Pay checkout option. Confirm payment using your Touch ID, your iPhone or Apple Watch.

Note:

Apple Pay and Apple Card aren't available in all countries or regions. For information about Apple Pay, go to [Apple Pay](#). For information about current card issuers, see the Apple Support article [Apple Pay participating banks](#). For information about Apple Card, see [Apple Card Support](#).



Set up Apple Pay.

Apple Pay uses the Apple Card or other credit or debit cards you've already set up on your iPhone or Apple Watch, so no extra setup is required. You must be signed in to an iPhone or Apple Watch that has Apple Pay set up with the same Apple ID you're using on your MacBook Pro. The default payment card, shipping, and contact information that's set on your iPhone or Apple Watch is used for purchases on your Mac. If you have no debit or credit cards set up on your iPhone or Apple Watch, you can do it in the Wallet & Apple Pay settings in System Settings.

Make a purchase using Touch ID.

On your 14-inch or 16-inch MacBook Pro, you're prompted to configure Apple Pay during setup. When you choose Apple Pay on a website, place your finger lightly on the Touch ID sensor to authenticate and complete your purchase.

Make a purchase using the Touch Bar on 13-inch MacBook Pro.

When you choose Apple Pay on a website, the merchant name and purchase amount appears on the Touch Bar. Place your finger lightly on the Touch ID sensor to authenticate and complete your purchase.

Make a purchase with iPhone or Apple Watch.

Click the Apple Pay button on the website, then to confirm the payment, use Face ID, Touch ID, or the passcode on your iPhone, or double-click the side button on your unlocked Apple Watch. You must be signed in to an iPhone or Apple Watch that has Apple Pay set up with the same Apple ID you're using on your MacBook Pro.

Note:

You can add or delete payment cards and manage your Apple Card in the Wallet & Apple Pay settings of System Settings.

Learn more.

See the Apple Support articles [Set up Apple Pay](#), [Make purchases using Apple Pay](#), and [Change or remove the payment cards that you use with Apple Pay](#).

Use AirPrint on your Mac

If you have an AirPrint-enabled printer, you can print photos and documents from your Mac without having to download and install printer drivers.

You can use AirPrint to print wirelessly to:

- An AirPrint-enabled printer on your Wi-Fi network
- A network printer or printer shared by another Mac on your Wi-Fi network
- A printer connected to the USB port of an AirPort base station

Print to an AirPrint printer.

When you print from an app, click the Printer pop-up menu in the Print dialog, then choose a printer in the Nearby Printers list.

Can't find the printer you're looking for?

Make sure it's connected to the same Wi-Fi network as your MacBook Pro. If it's connected and you still don't see it, try adding it: open System Settings, click Printers & Scanners in the sidebar, then click Add Printer, Scanner or Fax on the right. (You may have to temporarily connect the printer to your MacBook Pro using a USB cable and, if necessary, an adapter.)

Learn more.

See [Print wirelessly from your Mac to an AirPrint printer](#) in the macOS User Guide.

For a list of AirPrint-enabled printers and other supported printers, see the Apple Support article [About AirPrint](#).

Apps


Apps on your MacBook Pro


Your MacBook Pro comes with a collection of great apps for things you do every day, like browse the web, stay connected with Messages and FaceTime, and manage your calendar. It also comes with apps like Photos, Apple Music, Apple Podcasts, the Apple TV app, Pages, Numbers, and Keynote—so you can be creative and productive right from the start.


Note:


Some macOS apps are not available in every region or language.

Where are my apps?

You can find the apps in the Applications folder in your Finder window. You can open apps from the folder or drag them to your Dock. This folder includes a subfolder, Utilities, where you can locate Disk Utility ,

Keychain Access ,

Migration Assistant ,

VoiceOver Utility ,

and other useful utilities.

Here are some of the apps that come with your Mac. Click the app name to learn more.

Icon/App name



App Store

Icon/App name



Books

Icon/App name



Calendar



FaceTime



Find My



Freeform



GarageBand



Home



iMovie



Keynote



Mail



Maps



Messages



Music



News

Icon/App name



Notes

Icon/App name



Numbers

Icon/App name



Pages



Photos



Podcasts



Preview



Reminders



Safari



Shortcuts



Stocks



TV




Voice Memos

You can find additional apps that are not listed in the table above—like Calculator ,

Chess ,

Clock ,

Contacts ,

TextEdit ,


Weather ,

and more—in the Applications folder.

Learn more.

For a list of all the apps and utilities installed on your Mac, see [Apps included on your Mac](#) in the macOS User Guide.

Find even more apps.

Click the App Store icon .

in the Dock to find and download apps for almost everything you want to do. To learn more, see [App Store](#).

Get help for any app.

Click the Help menu (in the menu bar at the top of the screen) when you're using an app. See [Use the macOS User Guide](#).

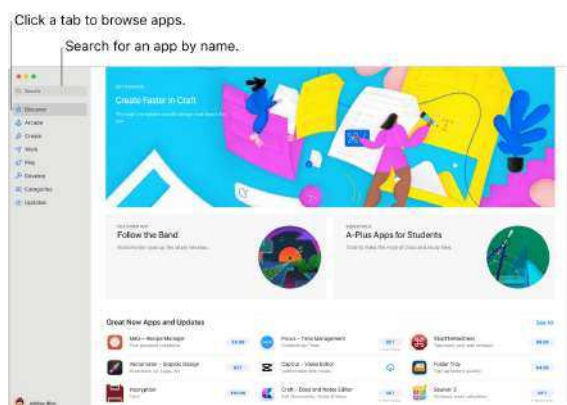
App Store

Search the App Store to find and download apps, and get the latest updates for your apps.

Find the perfect app.

Know exactly what you're looking for? Type the app name in the search field, then press Return. Apps you download from the App Store appear automatically in Launchpad.

Or you can explore new apps by choosing a tab in the sidebar, like Create, Work, or Play, and browsing through the results.



Note:

Apple Arcade is not available in all countries or regions.

Ask Siri.

Say something like: "Find apps for kids."

All you need is an Apple ID.

To download free apps, sign in with your Apple ID.

—click **Sign In** at the bottom of the sidebar in App Store. If you don't have an Apple ID

yet, click **Sign In**, then click **Create Apple ID**. If you have an Apple ID but don't remember your password, click "Forgot Apple ID or password?" to recover it. You must also set up an account with purchasing information to buy fee-based apps.

Use iPhone and iPad apps on your Mac.

Many iPhone and iPad apps work on your MacBook Pro. Any available apps that you previously purchased for your iPhone or iPad appear on your Mac. Search for apps in the App Store to see if they're available for Mac.

Game on.

Click the Arcade tab to learn how to subscribe to Apple Arcade, discover games you can play, find ones that are popular with your Game Center friends, see your achievement progress, and more. Games you download from the App Store appear automatically in the Games folder in Launchpad

, so they're always easy to access, even with a game controller. See [Subscribe to Apple Arcade in the App Store on Mac](#)

in the App Store User Guide and [Apple Arcade](#).

Save your game action.

You can save up to a 15-second video clip of gameplay by pressing the share button on supported third-party game controllers, so you can review your game strategy or keep a record of memorable gaming moments.

Invite your friends to play.

The new multiplayer friend selector makes it easy to invite your recent Messages friends and groups to play Game Center-enabled games. See incoming requests and invitations in the friend request inbox. See [Play games on your Mac](#) in the macOS User Guide.

Get the latest app updates.

If you see a badge on the App Store icon in the Dock, there are updates available. Click the icon to open the App Store, then click Updates in the sidebar.



Use the Touch Bar on your 13-inch MacBook Pro.

Tap a button to quickly move to the tab you want (Discover, Arcade, Create, Work, Play, Develop, Categories, or Updates).



Learn more.

See the [App Store User Guide](#).

Books

Use Apple Books to read and organize your library of books and audio books, and to purchase new books on your Mac. Set reading goals and keep track of what you want to read and what you're reading now.

Note:

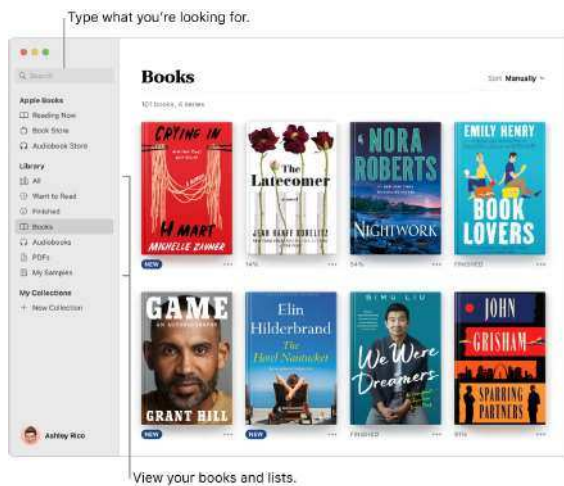
Apple Books is not available in all countries or regions.

A bookshelf on your Mac.

Books you've started reading appear at the top in Reading Now. Browse or search all the items in your library—or click Book Store or Audiobook Store in the sidebar and choose a category to find new books and other publications. To buy an item, just sign in with your Apple ID (choose Account > Sign in). You can also buy books right from the search results.

Ask Siri.

Say something like: "Find books by Jane Austen."



Set reading goals.

Set daily reading goals to motivate yourself to read more. The default is 5 minutes a day, but if you want to aim higher, click in the Reading Goals section of Reading Now and choose a new goal. You can turn this off and clear reading goal data in Books settings.

Add bookmarks, notes, and highlights.

Move your pointer to the top of the book you're reading to show the controls, then click to bookmark a page (click the bookmark again to remove the bookmark). To go to a bookmarked page, show the controls, click , then click the bookmark. To add notes or highlights, select the text, then choose a highlight color or Add Note from the pop-up menu. To read your notes later, show the controls and click .

Never lose your place or your markups.

Your purchased books, collections, bookmarks, highlights and notes, and the current page you're reading are available automatically on your Mac, iOS devices, and iPadOS devices, as long as you're signed in on them with the same Apple ID.

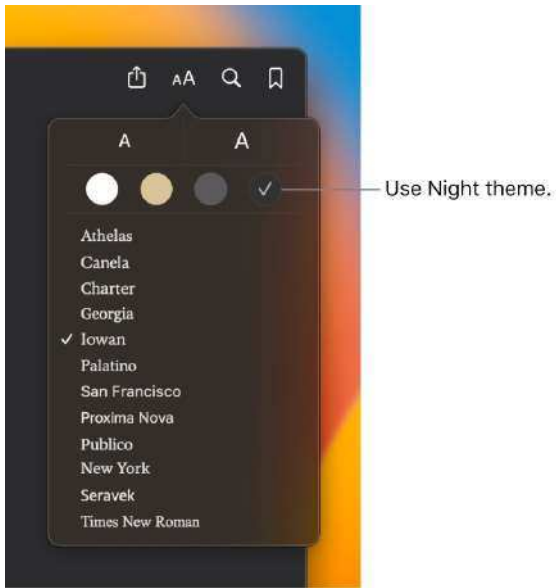
Use the Touch Bar on your 13-inch MacBook Pro.

Tap or to navigate back or forth in the book, or use the scrubber to move quickly through the pages. Tap to search, or tap to add a bookmark to the current page.



Tip:

Change to Night theme to read more easily in low-light situations. Choose View > Theme, then choose Night, or click the Appearance button , then click the black circle. Not all books support Night theme.



Learn more.

See the [Apple Books User Guide](#)

18 Calendar

Never miss an appointment with Calendar. Keep track of your busy schedule by creating multiple calendars, and manage them all in one place.

Create events.

Click **+** to add a new event, or double-click anywhere in a day. To invite someone, double-click the event, click the **Add Invitees** section, then type an email address. Calendar lets you know when your invitees reply.

Ask Siri.

Say something like: "Set up a meeting with Mark at nine in the morning."



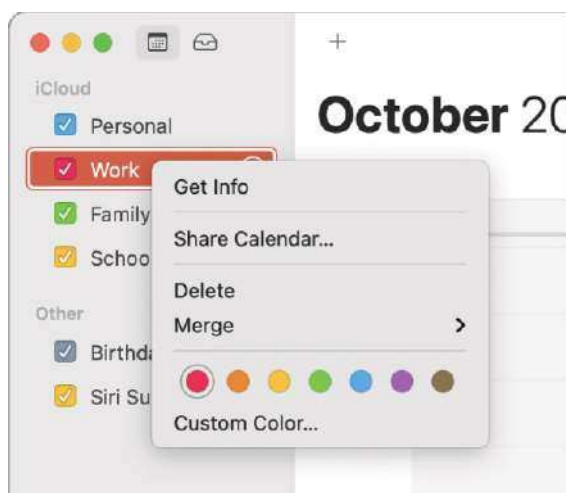
Tip:

If you add a location to an event, Calendar shows you a **map**, estimated travel time and time to leave, and even the weather forecast.

A calendar for every part of your life.

Create separate calendars—for example, for home, work, and school—each with its own color. Choose **File > New Calendar** to create a calendar, then

Control-click each calendar to choose a new color.



Add holiday calendars.

View holiday calendars from different regions around the world. Choose **File > New Holiday Calendar**, then choose a holiday calendar you want to add.

See all your calendars—or just a few.

Click the Calendars button to see a list of all your calendars; click the ones you want to see in the window.

Filter your calendars with Focus.

Choose which calendars to show during a particular Focus. For example, have a calendar with assignment due dates that turns on only while studying. Choose **Apple Menu > System Settings**, then click **Focus** in the sidebar. Select a Focus on the right, click **+**, and choose **Add Filter** under **Focus Filters**. To learn more about adding or customizing a Focus, see [Set up a Focus on Mac](#).

Share across your devices and with others.

When you're signed in to iCloud, your calendars are kept up to date on all your Macintosh computers, iOS devices, iPadOS devices, and Apple Watch that are signed in with the same Apple ID.

You can also share calendars with other iCloud users.

Use the Touch Bar on your 13-inch MacBook Pro.

Tap the Today button to view or edit today's events, or use the slider to select the month—past or future.



Select an event in your calendar, and tap buttons to specify the calendar for the event, get event details, edit the time or place, and add or delete invitees.



Learn more.

See the [Calendar User Guide](#).

FaceTime

Use FaceTime to make video and audio calls from your Mac to a friend or a group of friends. You can also use your iPhone or iPad with your MacBook Pro in new ways with FaceTime, by handing off calls between devices or using your iPhone camera as a webcam.

Ask Siri.

Say something like: "Make a FaceTime call to Sharon."

Make a FaceTime call.

Use the built-in FaceTime HD camera on your Mac to make FaceTime video calls. Click **New FaceTime**, enter a name, phone number, or email address for the person you want to call, then click **FaceTime**. If it's not convenient to make a video call, click the pop-up menu and select **FaceTime Audio** to make an audio-only call. When you receive a FaceTime invitation, you can choose to join with video or just audio.

Tip:

While a video call is in progress, you can drag the small picture-in-picture window to any corner of the FaceTime window.




List of recent calls

Hand off a FaceTime call.

Start a FaceTime call on your iPhone when you're out of the house, then hand off that call to your Mac when you're back at your desk. Or take a FaceTime call from your Mac, and switch to another device when you need to. If you have Bluetooth headphones connected, they make the switch too.


To hand off a FaceTime call from your iPhone or iPad to your MacBook Pro, click 

in the menu bar on your Mac; click **Switch**; then click **Join** in the FaceTime window on your MacBook Pro. To hand off a FaceTime call from your MacBook Pro to your iPhone or iPad, tap 

in the upper left of your iPhone or iPad, tap **Switch**, then tap **Switch** again.





Use your iPhone as a webcam.

Harness the power of your iPhone camera for FaceTime calls on your Mac. Keep your iPhone stable and in landscape orientation—for example, place it in a stand—with the screen off and the back cameras facing you. On your Mac, go to **FaceTime > Video**, then select your iPhone from the list. On iPhone 11 or newer, the Ultra Wide camera allows you to use **Center Stage**, which means the call stays centered on you as you move. You can choose other video effects by clicking 

in the menu bar, clicking **Video Effects**, then choosing from the options, like **Portrait mode**. See [Use video effects on your Mac](#) to learn more.

Show what's in front of you.

With Desk View, when you use your iPhone as a webcam for your MacBook Pro, you can not only show your face, but can share what's in front of you. To share with Desk View in a FaceTime call, set up your iPhone as a webcam, then click Desk View in the upper right of the FaceTime window on your Mac. Or click  in the menu bar, click Video Effects, then choose Desk view. Use the controls to align your desk to the window, then click Share Desk View. To stop sharing Desk View, click  on the Desk View window. Desk View is available on iPhone 11 or newer.

Note:

To hand off a FaceTime call or use your iPhone as a webcam for your Mac, you must have Continuity Camera turned on in AirPlay & Handoff settings on your iPad or iPhone, and you must be signed into your iPhone, iPad, and your MacBook Pro with the same Apple ID. Your iPhone, iPad, and Mac need Bluetooth, Wi-Fi, and Handoff turned on. For additional requirements and to learn more, see [Use your iPhone as a webcam on your Mac](#).

Use FaceTime with a group.

You can connect with up to 32 people in a group call. Make a unique link to share with a group. Click Create Link. Copy the link to your Clipboard or share directly with friends in Messages or Mail. You can now use a link to join FaceTime calls on non-Apple devices.




Tip:

Add a FaceTime link to a Calendar event to schedule a call for later.

Sign language recognition and Live Captions

FaceTime detects when a participant is using sign language and makes the person prominent in a Group FaceTime call. FaceTime Live Captions detect what's said and present real-time captions for the active speaker.

Watch and listen together.

Use SharePlay to watch and listen together on Mac. You can also share your screen during a FaceTime call. Click the SharePlay icon  to start. See [Share experiences with SharePlay](#).

Note:

Some apps that support SharePlay require a subscription to participate. Not all features and content are available in all countries or regions.

Make a phone call.

If you have an iPhone with iOS 8 or later, make phone calls from your Mac using FaceTime. Just make sure that your Mac and iPhone are signed in with the same Apple ID.

account, and that both have the feature turned on. (On your Mac, open FaceTime, choose FaceTime > Settings, then select "Calls from iPhone.")

Note:
Your MacBook Pro and iPhone must be connected to the internet and the same Wi-Fi network to make or receive calls on your Mac.

Use the Touch Bar on your 13-inch MacBook Pro.

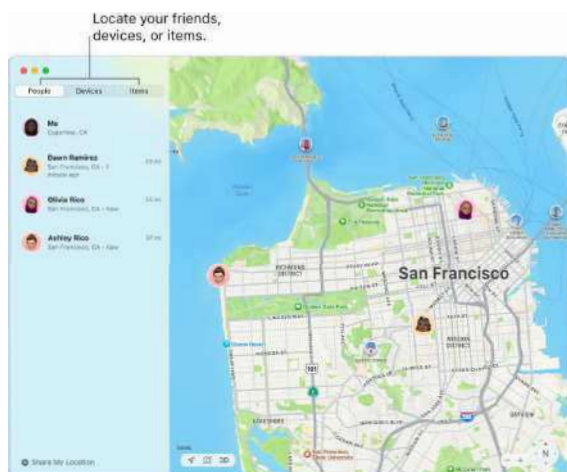
When starting a new FaceTime call, begin typing a contact's name in the To field, then tap the contact when they appear in the Touch Bar. On the Touch Bar, choose Audio or Video for the type of call you want to make.



Learn more.
See the [FaceTime User Guide](#)

Find My

Use Find My to locate your friends, family, and Apple devices—all in the same app.



Note:
Find My features aren't available in all regions or languages.


Share locations with friends.

In the People list, click Share My Location to tell friends and family where you are. You can share your live location for an hour, a day, or indefinitely, and stop sharing whenever you like. You can also ask to follow a friend so you can see where they are on a map and get step-by-step directions to their location.

Set location alerts.

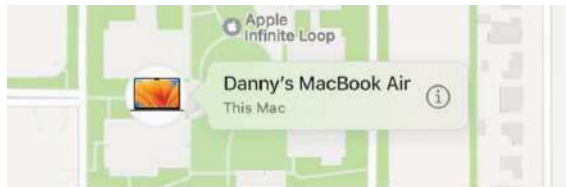
Automatically send notifications to friends when you arrive at or leave a specific location. Set notifications when your friends leave and arrive, too. If your friends create notifications about your location, you can view them all in one place—click Me in the People list, then scroll to Notifications About You.

Get notified when you leave something behind.

Set up separation alerts on your iPhone, iPad, or iPod touch to notify you when you leave your MacBook Pro or another device behind. To set up separation alerts for a device, click  for the device, then choose Notify When Left Behind and follow the onscreen instructions.

Secure a lost device.

Use Find My to locate and protect missing devices, like your Mac, iPhone, or AirPods. Click a device in the Devices list to locate it on the map. Click ⓘ to see options like play a sound on the device to help you find it, mark the device as lost so others can't access your personal information, and even erase the device remotely.



Locate devices, even if they're offline.

Find My uses Bluetooth signals from other nearby Apple devices to locate your device when it's not connected to a Wi-Fi or cellular network. These signals are anonymous and encrypted, and help locate your missing device without compromising privacy. You can even find a device that's been erased (for Mac computers with macOS 12 or later, iPhones and iPod touch devices with iOS 15 or later, and iPads with iPadOS 16 or later).

Find a family member's device.

You can use Find My to help locate a family member's device, if you're in a Family Sharing group and your family member is sharing their location with you.

Find everyday items.

Attach an AirTag to an item like your keychain to quickly locate it when you can't find it. Use your iOS or iPadOS device to register an AirTag and compatible third-party items to your Apple ID. To locate items using your Mac, click the Items tab in Find My, then click an item in the list to view its location on the map. If the item can't be located, you can view its last location and receive a notification when the item is found. You can even turn on Lost Mode for an item that includes a message and phone number. See [Locate an item in Find My](#) in the Find My User Guide.

Learn more.

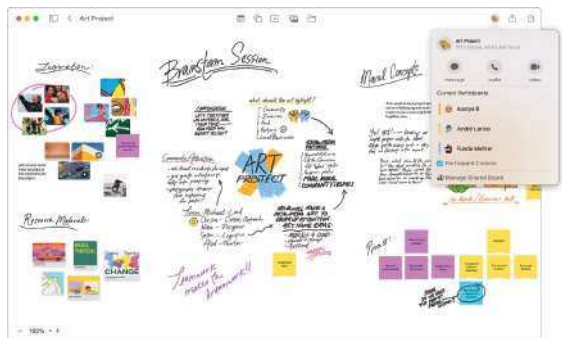
See the [Find My User Guide](#)

Freeform

Use Freeform to organize ideas and collaborate with others. Create a board, then add text, media, files, and more. Collaborate and see changes in real time.

Note:

Freeform is available on macOS Ventura 13.1 or later.



Create a board.

Click the New Board button in the toolbar to create a new board. Boards are saved automatically. To name a board, click Untitled in the top left of the title

bar and enter a name.

Tip: Your boards sync across your devices. If your boards are not syncing, turn on Freeform in iCloud Settings. Freeform is available on iOS 16.2 and iPadOS 16.2 or later.


Add text, media files, and more.

Use the toolbar to insert text, sticky notes, photos, links, and files to your board. You can also drag items to your board from other apps.

Organize your board.

You can move, resize, group and align items on your board. You can also view your board with a grid or use alignment guides to help you position items.

Collaborate in Freeform.

You can send an invitation to collaborate on a board in Messages or Mail, or copy and share the link. Click  in the toolbar, choose Collaborate, then select Messages, Mail, or Copy Link. If you share in Messages, everyone on the thread is invited to the board.

Export as a PDF file.

You can export a Freeform board as a PDF file. Choose File > Export PDF.


Learn more.

See the [Freeform User Guide](#)

GarageBand


GarageBand is an app for creating, recording, and sharing your music. It has everything you need to learn to play an instrument, write music, or record a song—your own home recording studio.

Create a new project.



You can start with a song template, select a tempo, key, and other options, then click Record and start playing. Build your song—for example, with different tracks and loops. Click Quick Help  and hold the pointer over items to learn what they are and how they work.

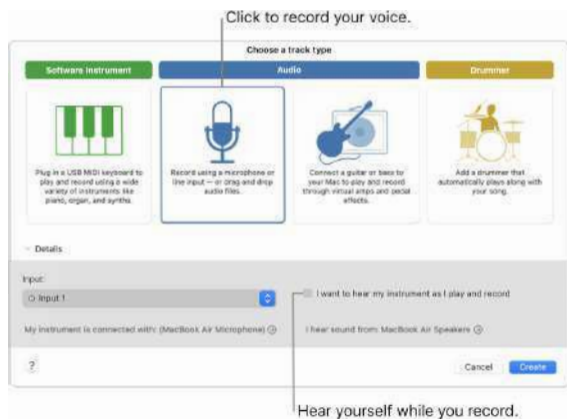


Bring in the beat.

You can quickly add drums and other instruments to your project using Loops. Click the Loop Browser , find a loop by Instrument, Genre, or Descriptor, and then drag it into an empty part of the Tracks area. You can customize Loops to fit your song, using a simple set of controls.

Record your voice.

Choose **Track > New Track**, then select the microphone under **Audio**. Click the triangle next to **Details** to set options for input, output, and monitoring, then click **Create**. Click the **Record** button  to start recording, or the **Play** button  to stop recording.



Use the Touch Bar on your 13-inch MacBook Pro.

Easily adjust the **Smart Controls** for a selected track. Tap buttons to quickly fine-tune the sound of your instrument, turn effects on or off, or adjust the volume of your track.



Learn more.

See [GarageBand User Guide](#) and [GarageBand Support](#)

Home

With the **Home** app, you can easily and securely control all of your **HomeKit** accessories from your Mac.

Whole-house view.

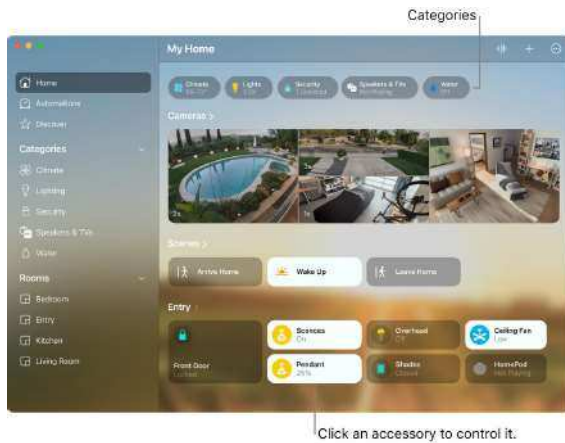
See your entire home at a glance in the redesigned **Home** tab, including cameras, scenes, and accessories grouped by room. An updated sidebar layout also includes categories and rooms so you can get to them quickly.

Accessory control.

Accessories appear in the **Home** app as tiles with icons. Accessory categories are visually recognizable by color and you can choose which tiles to enlarge so they are more prominent in the **Home** tab. Click an accessory tile to control it—turn lights on or off, lock or unlock the door, open or close the blinds, and more. You can also adjust the brightness of a light, or the target temperature of a thermostat.

Categories.

Categories for **Lights**, **Climate**, **Security**, **Speakers and TVs**, and **Water** let you quickly access all the relevant accessories organized by room, along with more detailed status information.



Shared Access.

You can share your home with family members, so they can control accessories using the Home app on their own Apple devices.

Create a scene.

Create a scene that lets your accessories work together with a single command. For example, make a Good Night scene that turns off all the lights, closes the shades, and locks the door when you turn in for the night. To create a scene, click +, then click Add Scene.

View your cameras.

Connect your home security cameras in the Home app to record your footage and view it from anywhere. Up to nine camera views are displayed front and center in the Home tab and it's end-to-end encrypted.

HomeKit Secure Video.

Store video from home security cameras in iCloud, and none of the video counts against your iCloud storage. Define activity zones within a camera's view to capture video or receive notifications only when **not** on is detected in those areas. In addition to person, animal, package delivery, and vehicle detection, Face Recognition lets security cameras and doorbells identify people you've tagged in the Photos app or in the Home app as recent visitors. HomeKit Secure Video requires a supported iCloud plan, compatible HomeKit-enabled security camera, and HomePod, Apple TV, or iPad running as a home hub. See the [iCloud User Guide](#)

Adaptive lighting.

Set your smart light bulbs to automatically adjust the color temperature throughout the day to maximize comfort and productivity. Wake up to warm colors, stay focused and alert midday with cooler ones, and wind down at night by removing blue light. (Adaptive lighting requires a home hub. For more information, see [Configure a router to use with Home on Mac](#) in the Home User Guide.)

Learn more.

See the [Home User Guide](#)

★ iMovie

iMovie lets you turn your home videos into beautiful movies and Hollywood-style trailers that you can share with a few quick clicks.

Import a video.

Import video from your iPhone, iPad, or iPod touch, from a camera, or from media files already on your Mac. iMovie creates a new library and event for you.



Record video with the built-in camera.

Use the FaceTime HD camera on your Mac to record video and add it to your project. Select an event in the sidebar, click **Import** in the toolbar, select **FaceTime HD Camera**, then click the **Record** button to start and stop recording.


Create Hollywood-style trailers.

Make clever trailers, complete with animated graphics and soaring soundtracks. Just add photos and video clips and customize the credits. To get started, click the **New** button **+**, click **Trailer**, choose a template from the Trailer window, then click **Create**. Add the cast and credits in the **Outline** tab, and add your own photos and videos in the **Storyboard** tab.

Click **Play** to preview the trailer.



Tip:

Shooting video with a handheld device can produce shaky results, but you can stabilize the video so the playback is smoother. Select the clip in the timeline, click the **Stabilization** button , then click **Stabilize Shaky Video**.

Use the Touch Bar on your 13-inch MacBook Pro.

Tap to **Favorite** or **Reject** any clip in the browser, making it easy to find the clip later or hide it from view. You can also tap in the Touch Bar to **play** a clip, **add a clip** to the current movie, or **add a clip as a video overlay**, such as **Split Screen** or **Picture in Picture**.



When the timeline is selected, use the Touch Bar buttons to **rewind**, **play**, **fast-forward**, or **split the clip** into two parts at the point where you click. Tap the **volume** button in the Control Strip to adjust the volume of a clip.



Use the slider to adjust the volume. When you finish, tap .