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Use the Elgato Video capture device

Please note before getting started: The length of time to make a digital copy will be the same length of time as the video plays (i.e. if it’s a 2 hour VHS tape it will take 2 hours to copy).

1) Turn the VCR on (you can tell when the red light is on like this in the upper-left hand corner of the time display):
2) Take the black cable with the yellow, white, and red connectors and insert the yellow and white cables into the Audio/Video Out and the opposite ends into the connectors (white and yellow) of the Elgato Video Capture device.
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3) Plug the USB part of the Elgato Video Capture device into the USB hub
4) Insert VHS tape into the VCR and open the Elgato video capture program on the iMac. Name your video recording and add an approximation of how long it is (note that an estimation of the file size is noted underneath the length).
5) Choose the video input (Composite RCA) and the aspect ratio (Fullscreen is 4:3, Widescreen is 16:9). Press play on the VCR at this point to make sure your video shows up on the screen.
6) While your video is playing, make sure you see green lights flashing along the bars and hear sound.
7) Set the video to the point you want to start recording from. Click on the red Start Recording button and press Play on the VCR. Your video should now start recording.

Note that you can check the box to automatically stop recording after the approximate time you gave and/or mute the sound (note the sound will still record, you just won’t be able to hear it). You can also Stop Recording at any time by clicking the red button again.
8) If you have parts that you want to trim from the beginning or ending of your recording, you can do so now before saving it (For example, maybe there was some blank space in the beginning between the time you started recording and pressed play on the VCR)
9) You can now view the movie file you’ve recorded, add it to iTunes, or upload it to You Tube (note that to use iTunes or You Tube, you need to have an existing account).
10) To access the video from the iMac Finder to move the saved movie file, click on the following:
The following window should open where you can open the Movies folder:
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You should see the video that was recorded. From here you can save it to a USB drive, burn it to a DVD, open it in iMovie to edit it, etc.

If you wish to burn to DVD and need help doing so, please see the How To instructions of burning a movie file to DVD.