These are three short videos that are screen captures of someone using MCT for basic operations such as clicking to select user objects, dragging to compose new ones, and adjusting the plot settings. They are meant to accompany MCT's Quick Start Guide and User Guide. They have been delivered to JSC for use by flight controllers learning to use MCT. We would like to have them looping in the TI booth at the NASA IT Summit, to interest organizations other than JSC in using MCT--in particular, JPL, Goddard, and even commercial companies.