To begin, add your composition to the Render Queue by selecting "Composition->Make Movie..." (or command-m). That should pop-up the Render Queue dialog box:

The Render Queue lets you set the output quality and the codec for your composition. This handout is an attempt to guide you through the various options.

The above Queue has one item waiting to render, a composition called frost_1 Comp 1. Currently, this comp will be rendered with so-called Best Settings and with a Lossless codec. Click on Best Settings to open the Render Settings window.
The Render Settings box lets you choose between draft quality and high quality. You may want to use draft quality as you preview your work, but I recommend best quality for the version that you hand in.

Note that the Render Settings box is where the **Time Span** of the render is set. This confuses many people. If you change your work area in the timeline window and render with **Best Settings**, it will only render the work area. If you want to render the whole composition (even if the work area is set to less than the whole comp), you need to change **Time Span** to reflect this.

Hitting OK will take you back to the Render Queue. Now click on **Lossless** to open the Output Module window.
The Output Module is where you tell AE to output both video and audio, and it's where you select the codec to use. **IF YOU DON'T CHECK THE "AUDIO OUTPUT" BOX YOUR FINAL RENDER WILL HAVE NO AUDIO!** So be sure to do that if you want sound. If you want to output video (and you probably do), click on the **Format Options** button to access the various QuickTime codecs in the Compression Settings box:
This is a standard QuickTime codec selection box. You will see it in other video applications. Choose the codec you want, choose the quality (best for final renders), and choose the framerate.

Note that there are two "qualities" here: the quality at which AE renders each frame of your movie and the quality at which each rendered frame is compressed before being saved to disk. Don't get these confused! The former quality (set in the Render Settings box) dictates whether or not things like text are rendered smooth and without jagged edges. The latter quality is similar to the quality setting of a JPEG image, allowing you control over the final size of the movie on disk. If you use high quality, the movie will look more like the frames AE initially rendered but will take up more disk space. If you use low quality, information will be thrown away in the interest of saving disk space.