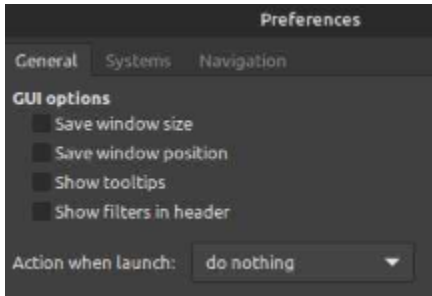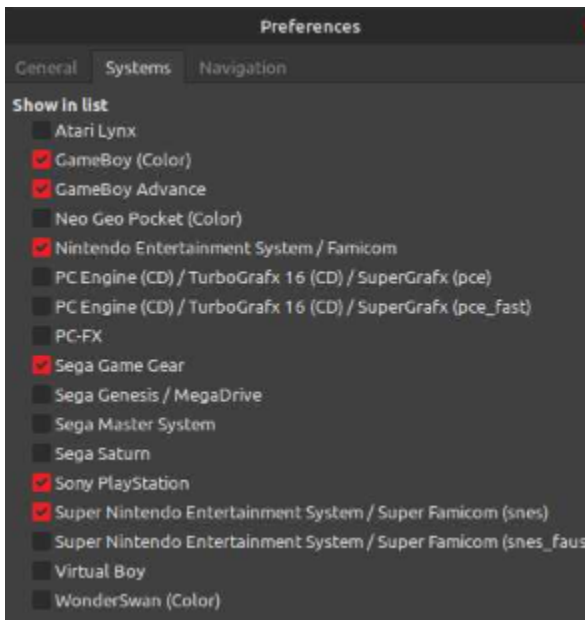These screenshots are from my own system. A few of the pictures are incorrect, but I added some red text with the new options that I've found to be my new preferences. Make your own choices on some of them.

Mednaffe Emulator

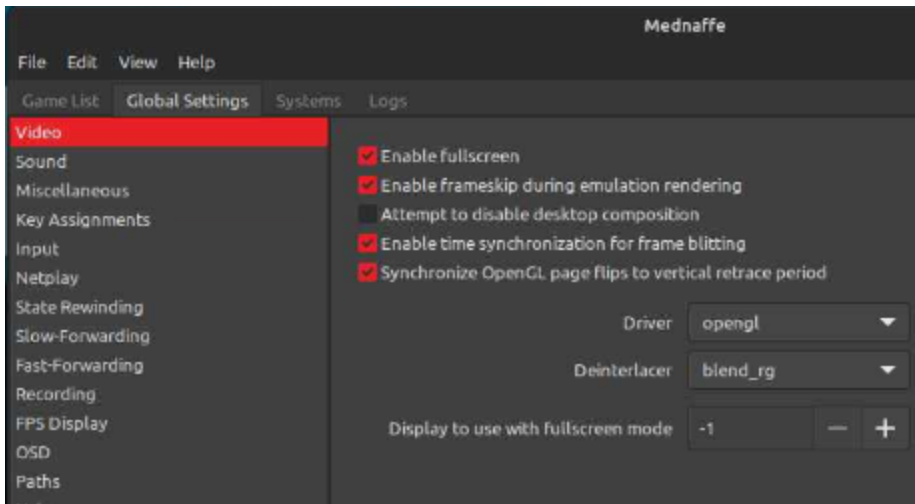Edit> Preferences>General tab

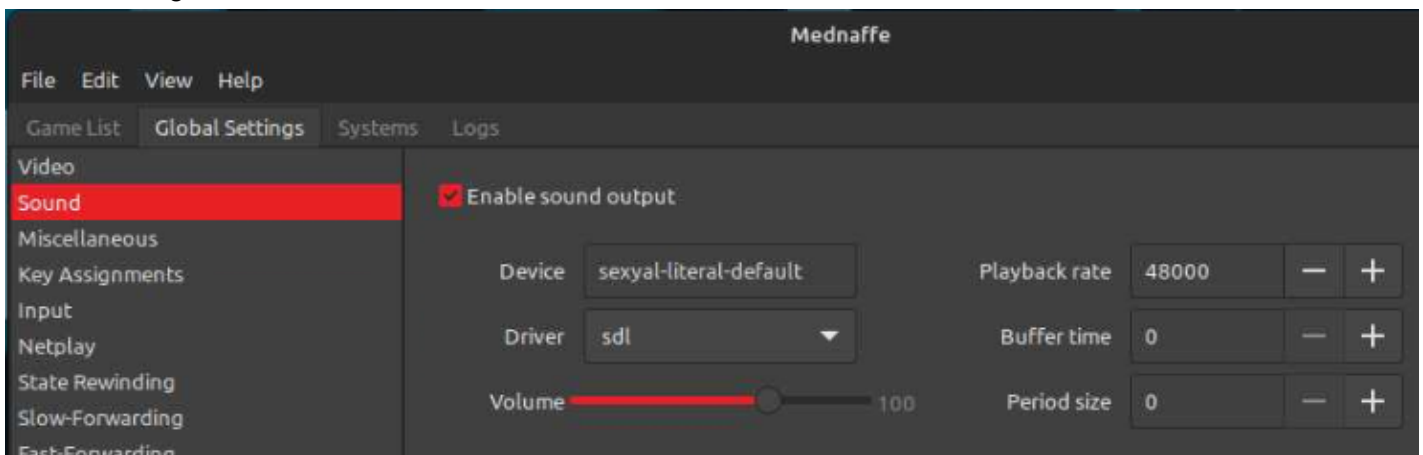Edit> Preferences>Systems tab

Edit> Preferences>Navigation tab
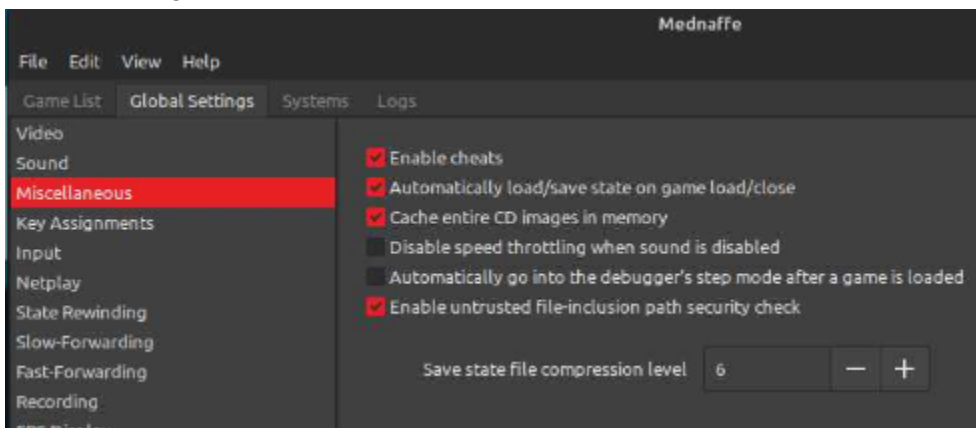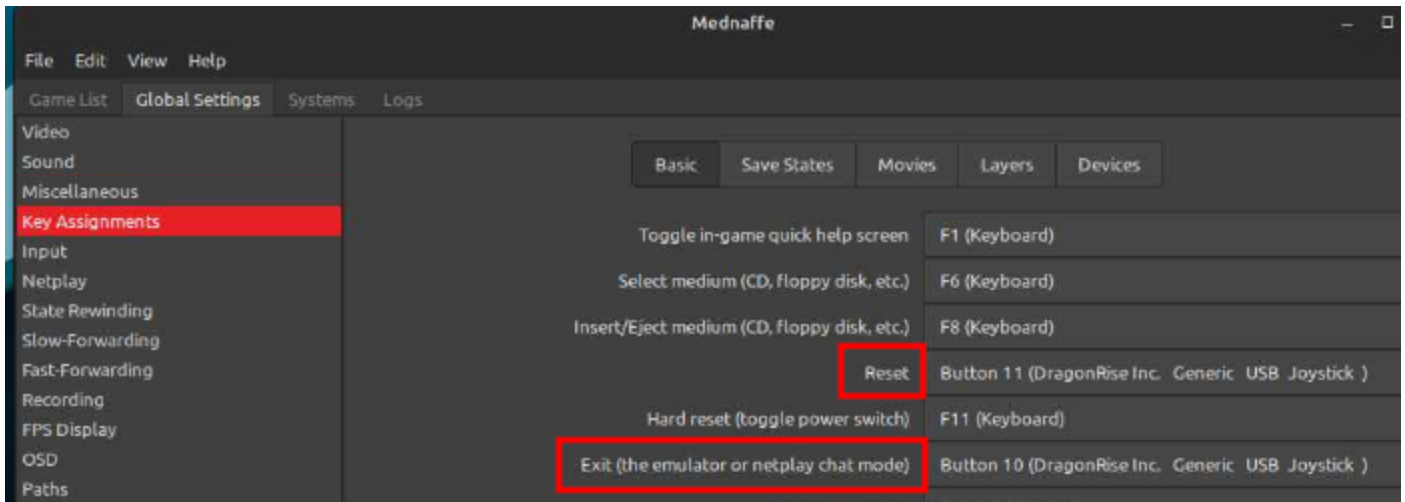   Leave all blank

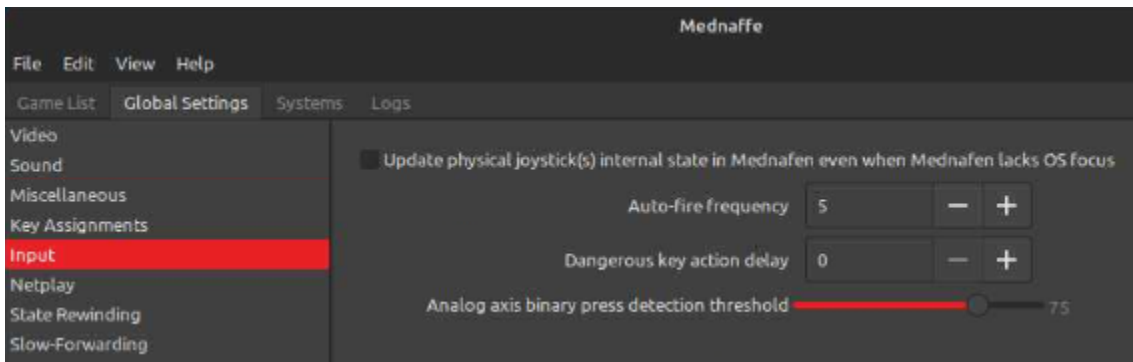Global Settings tab> Video

Global Settings tab> Sound

Global Settings tab> Miscellaneous

Global Settings tab> Key Assignments> Basic
CLEAR ALL PRE-EXISTING SETTINGS
GO THROUGH EACH TAB AND CLEAR THEM ALL

Global Settings tab> Input

Systems tab> Game Boy Color> Emulation tab
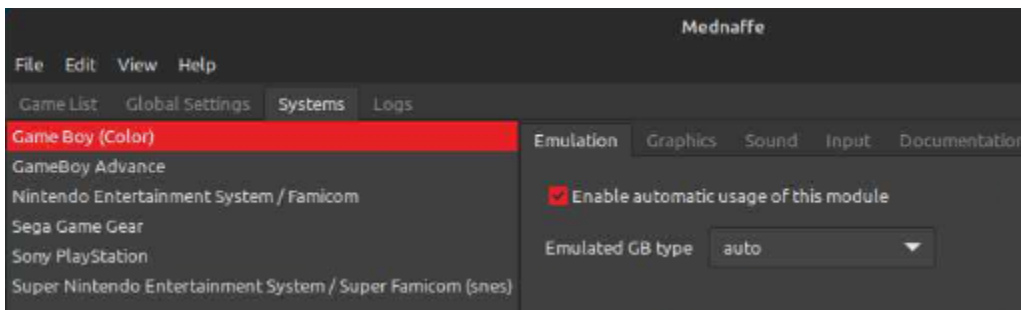
Systems tab> Game Boy Color> Graphics tab> Fullscreen tab
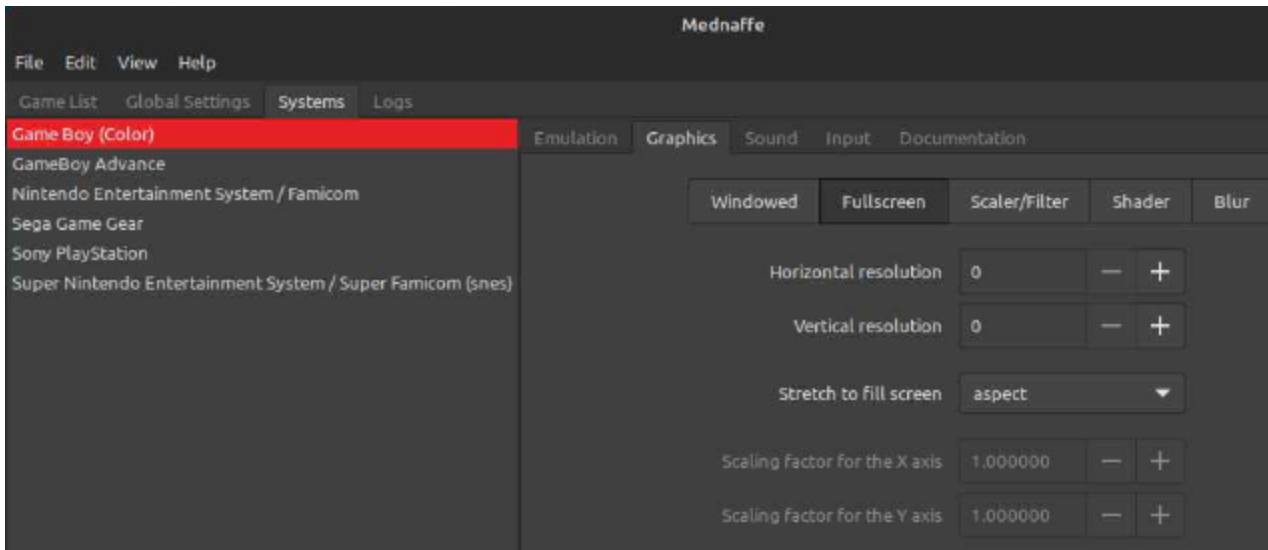
Systems tab> Game Boy Color> Graphics tab> Scaler/Filter tab> **supereagle**

Systems tab> Game Boy Color> Graphics tab> Shader tab

Systems tab> Game Boy Color> Input tab> Port1 = Joystick 1
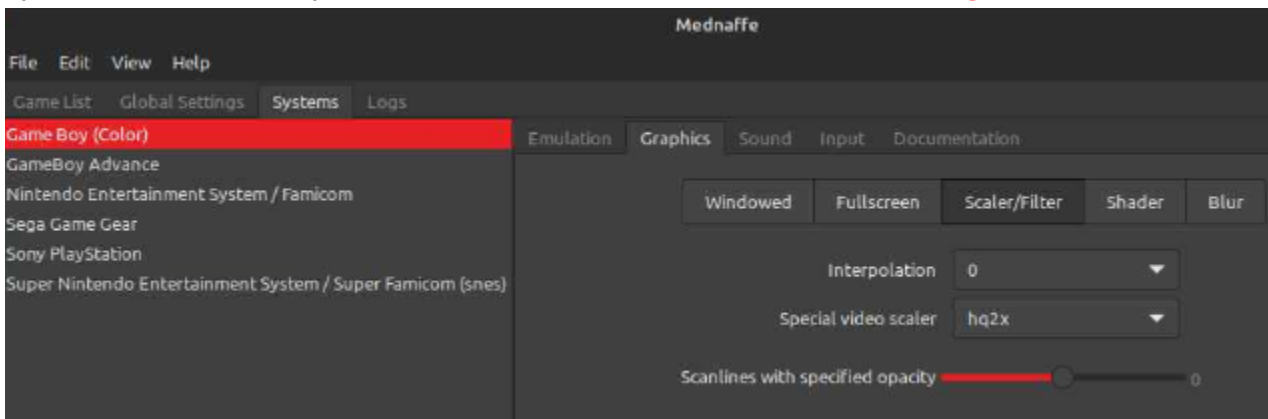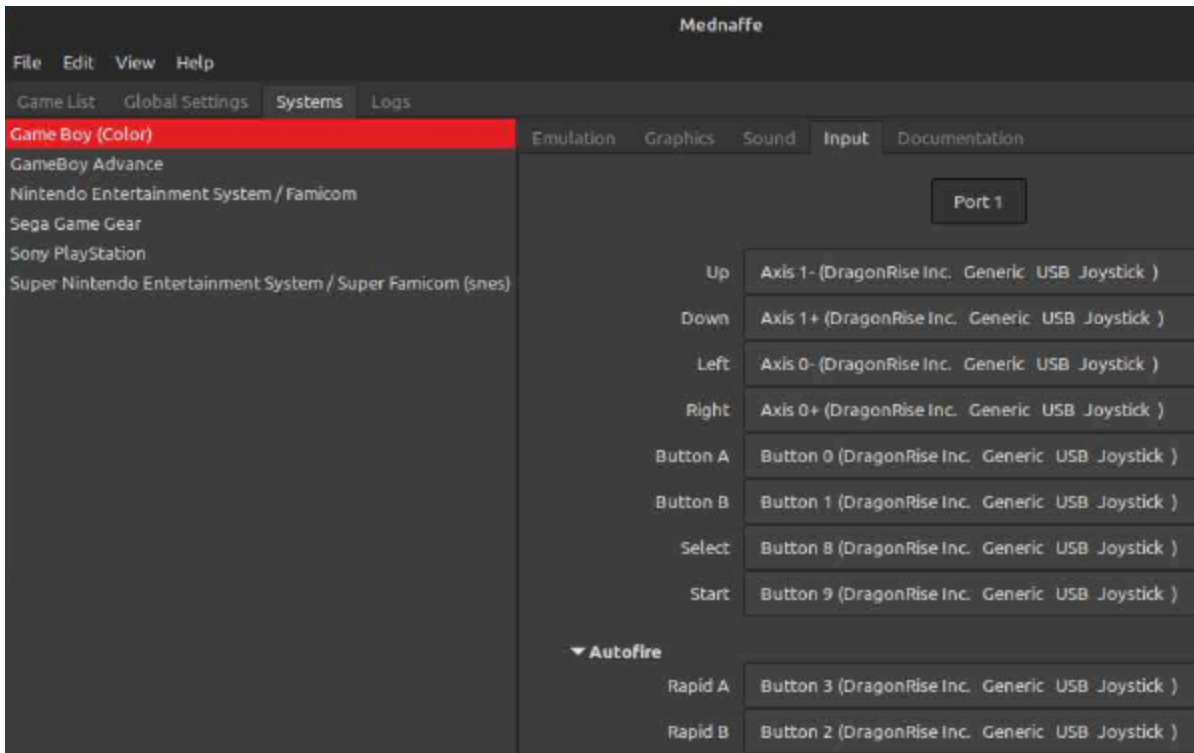
Systems tab> Game Boy Advance> Emulation tab
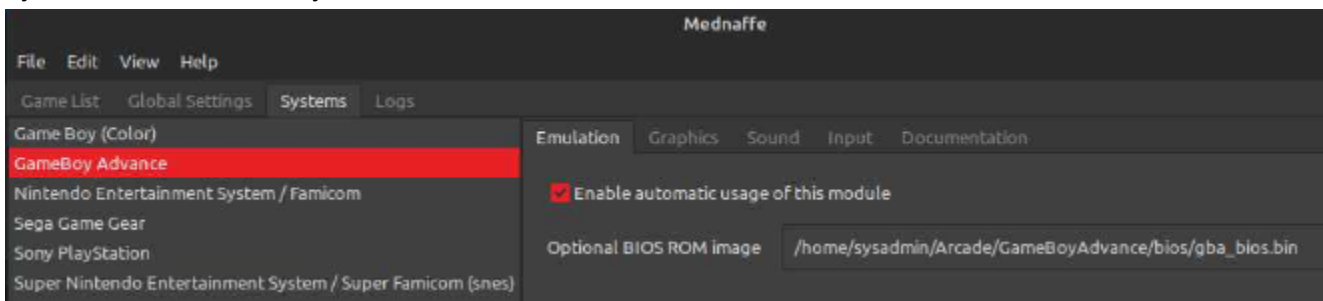
Systems tab> Game Boy Advance> Graphics tab> Fullscreen tab
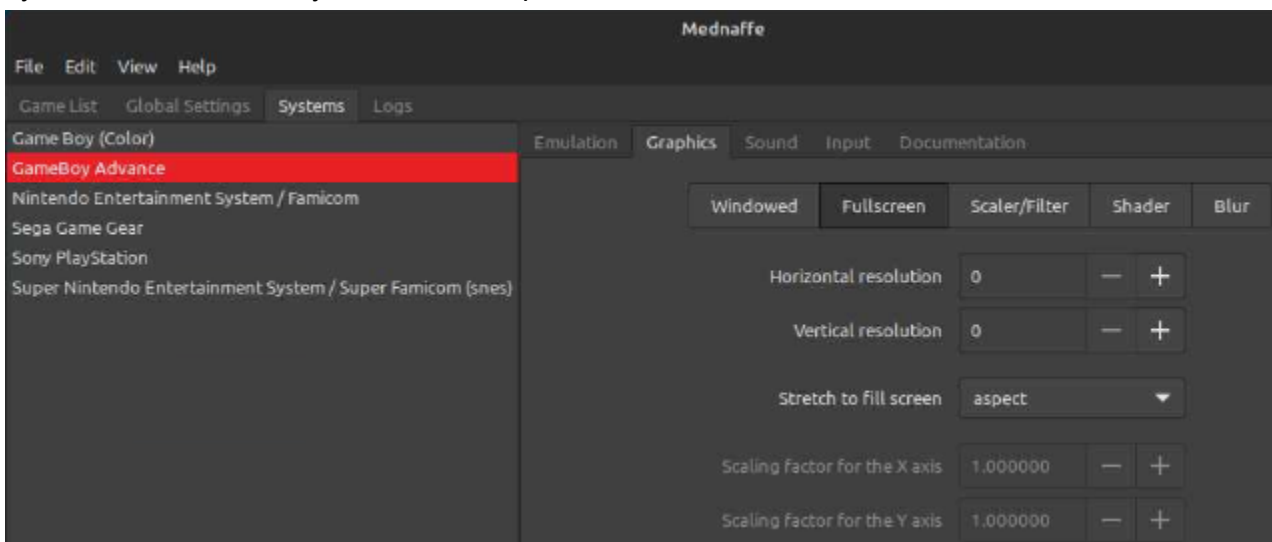
Systems tab> Game Boy Advance> Graphics tab> Scaler/Filter tab> **supereagle**
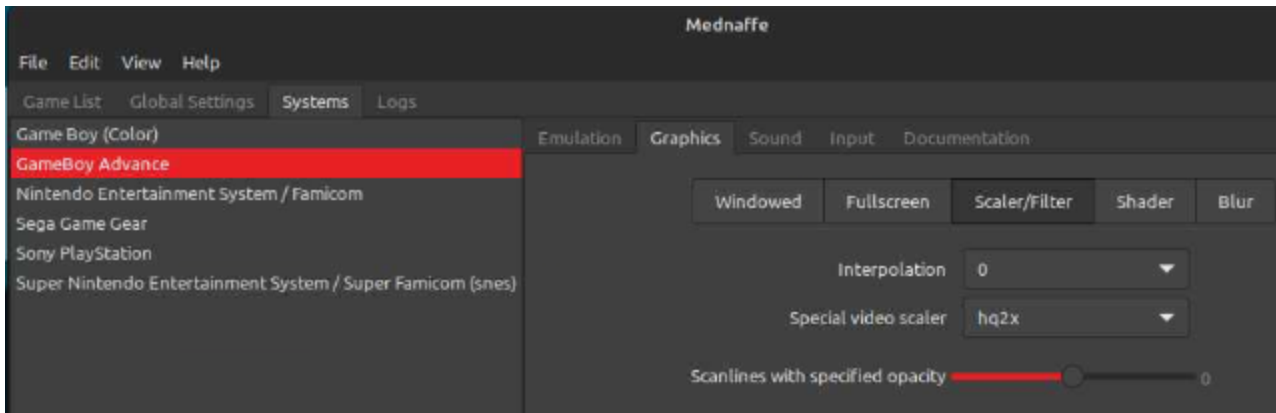
Systems tab> Game Boy Advance> Input tab> Port1 = Joystick 1
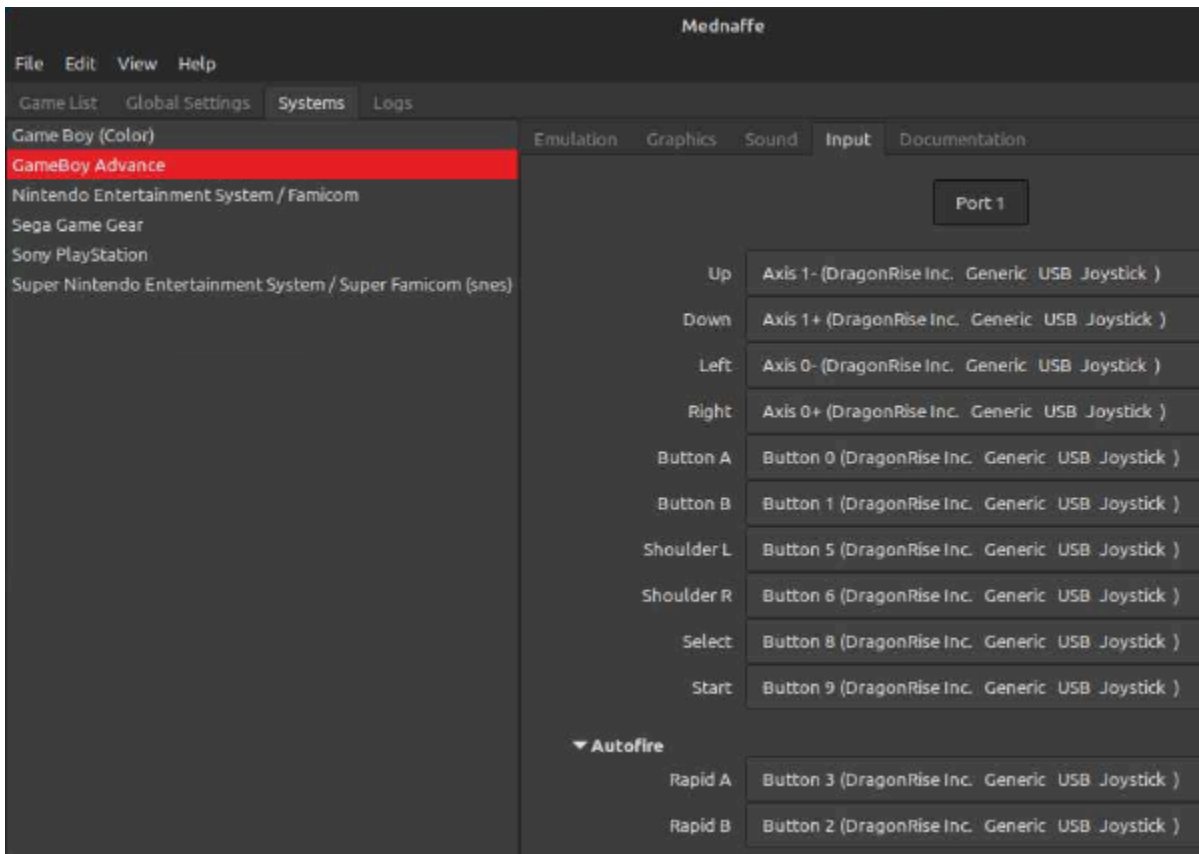
Systems tab> Nintendo> Emulation tab
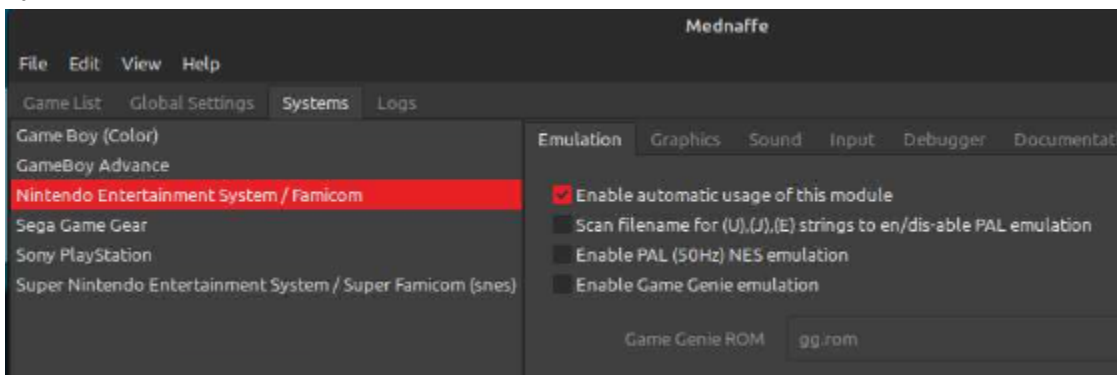
Systems tab> Nintendo> Graphics tab> System tab
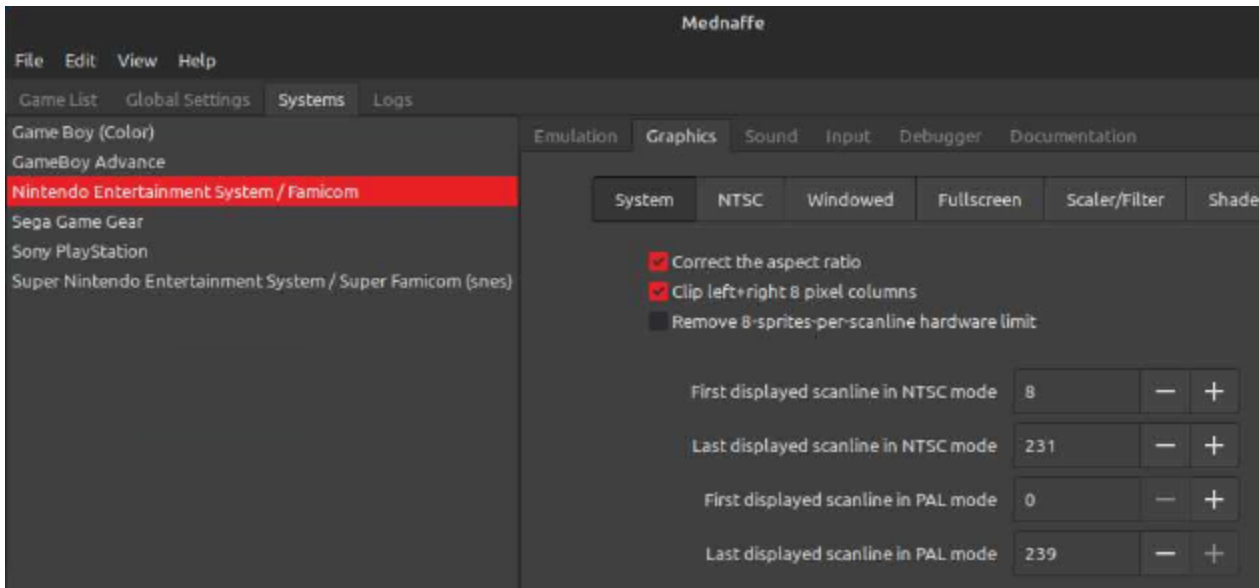
Systems tab> Nintendo> Graphics tab> Fullscreen tab
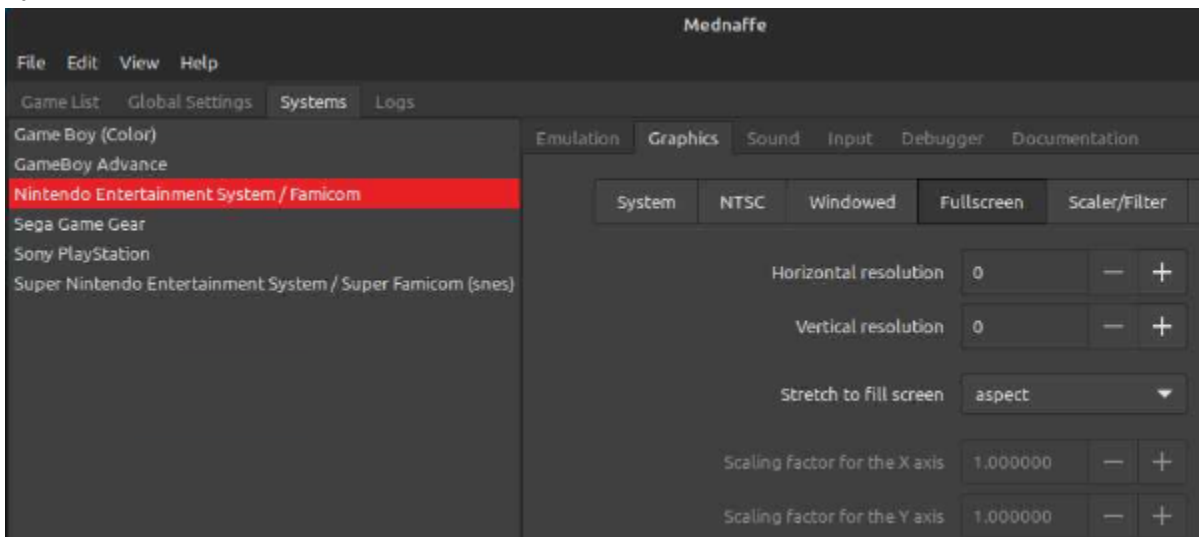
Systems tab> Nintendo> Graphics tab> Scaler/Filter tab> **hq3x**
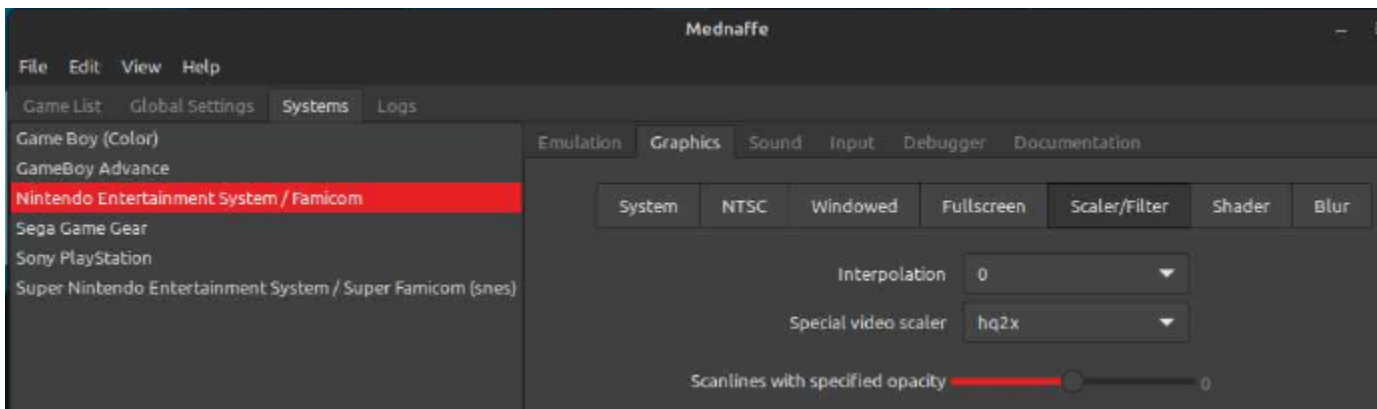
Systems tab> Nintendo> Input tab> Global tab

Systems tab> Nintendo> Input tab> Port1 = Joystick 1
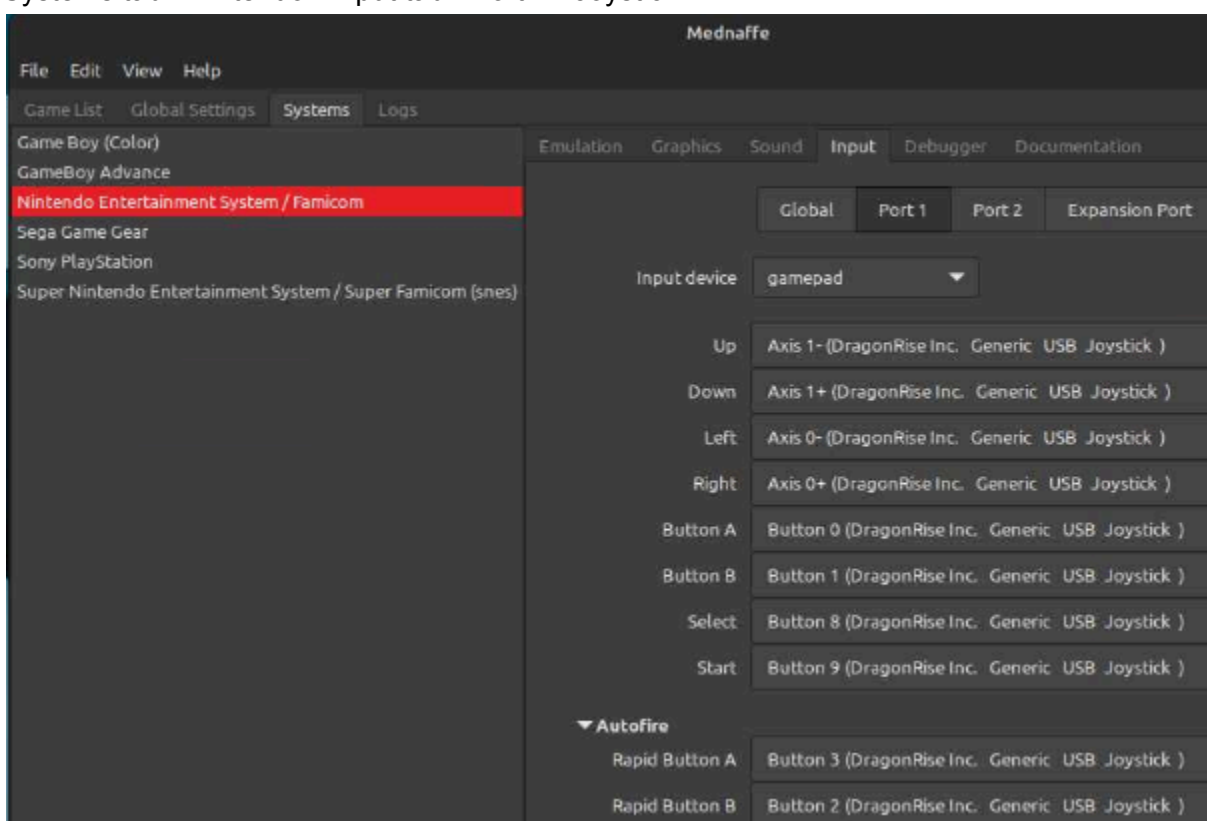
Systems tab> Nintendo> Input tab> Port2 = Joystick 2
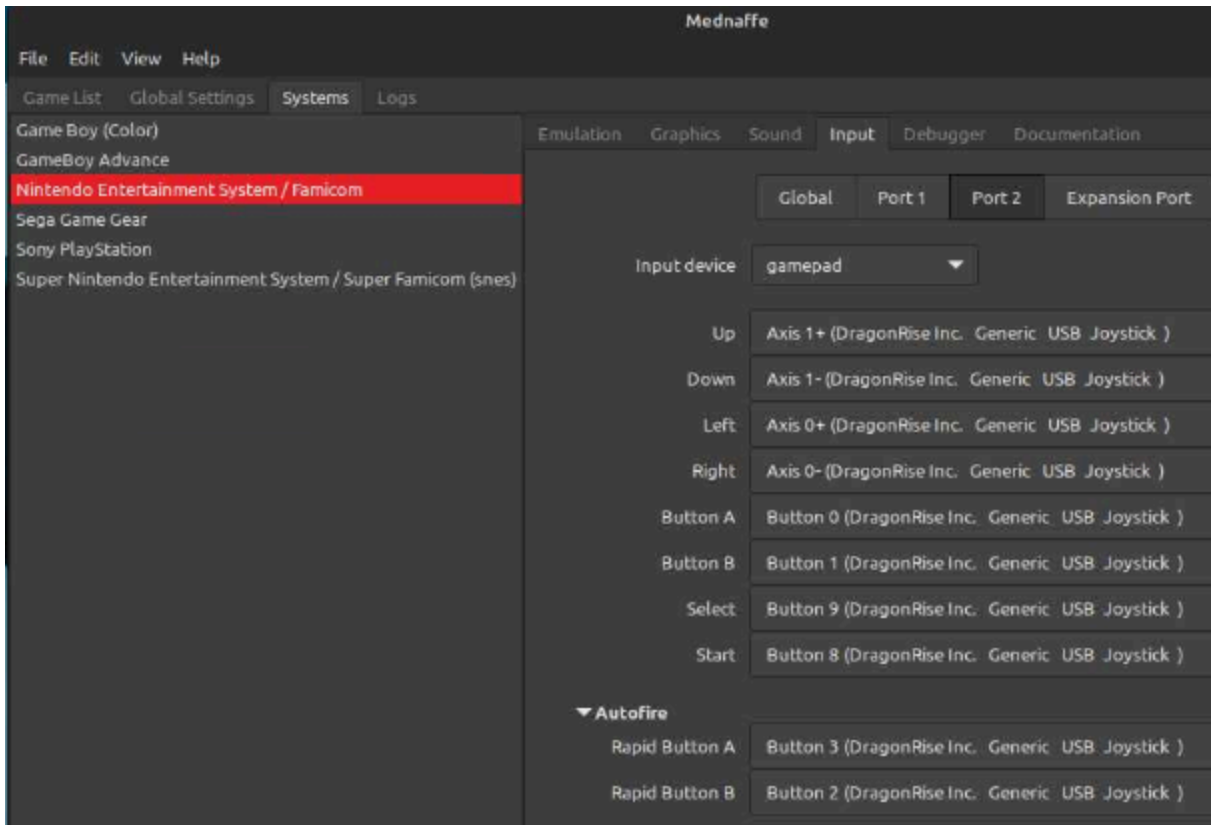
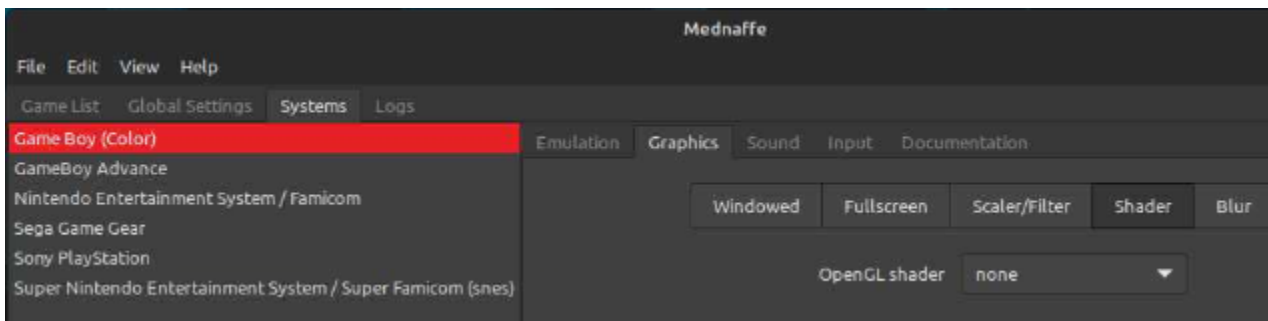Systems tab> Sega Game Gear> Graphics tab> Fullscreen tab
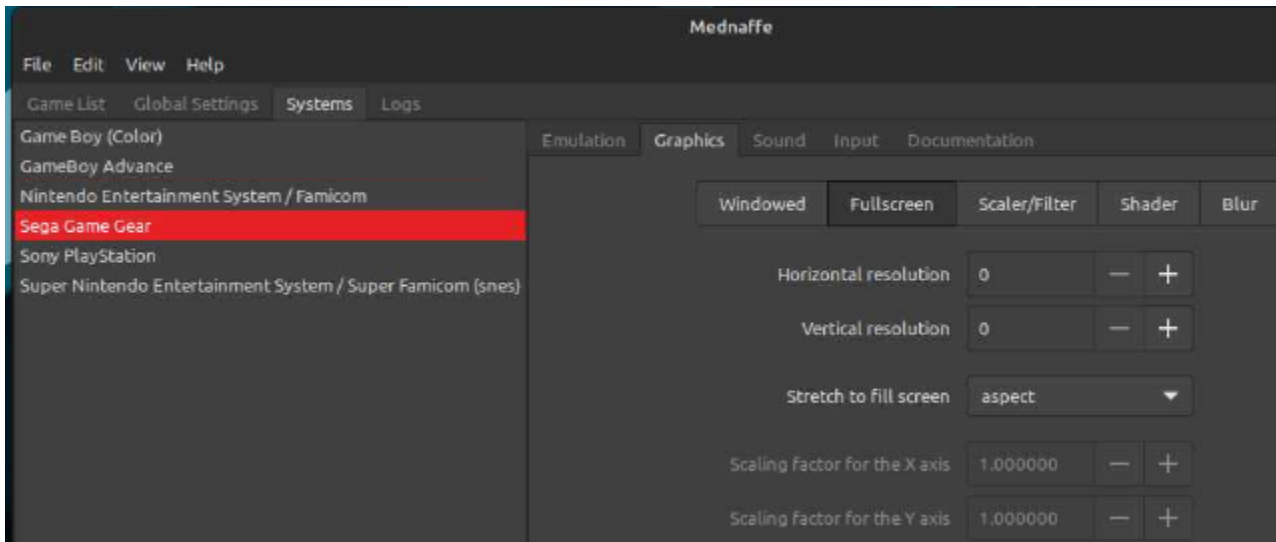
Systems tab> Sega Game Gear> Graphics tab> Scaler/Filter tab> **supereagle**
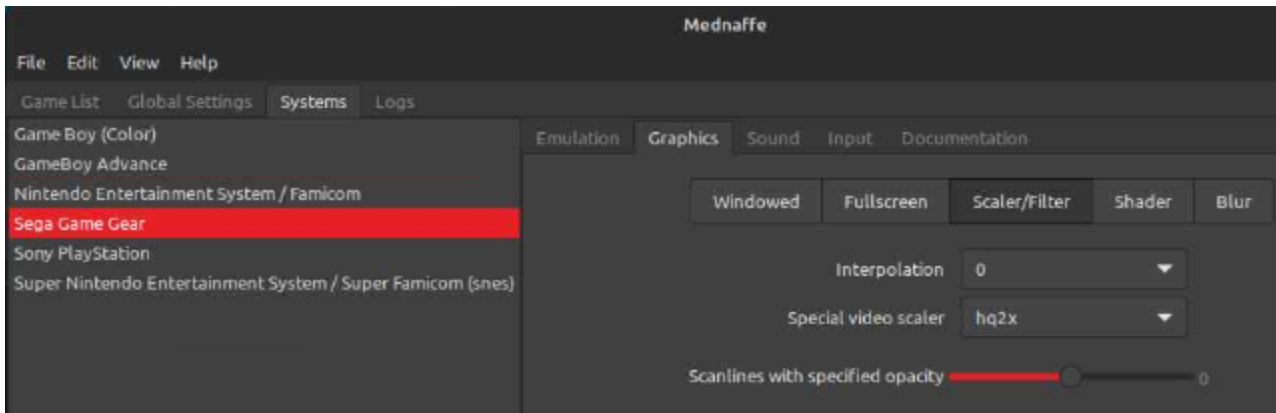
Systems tab> Sega Game Gear> Input tab> Port1 = Joystick 1
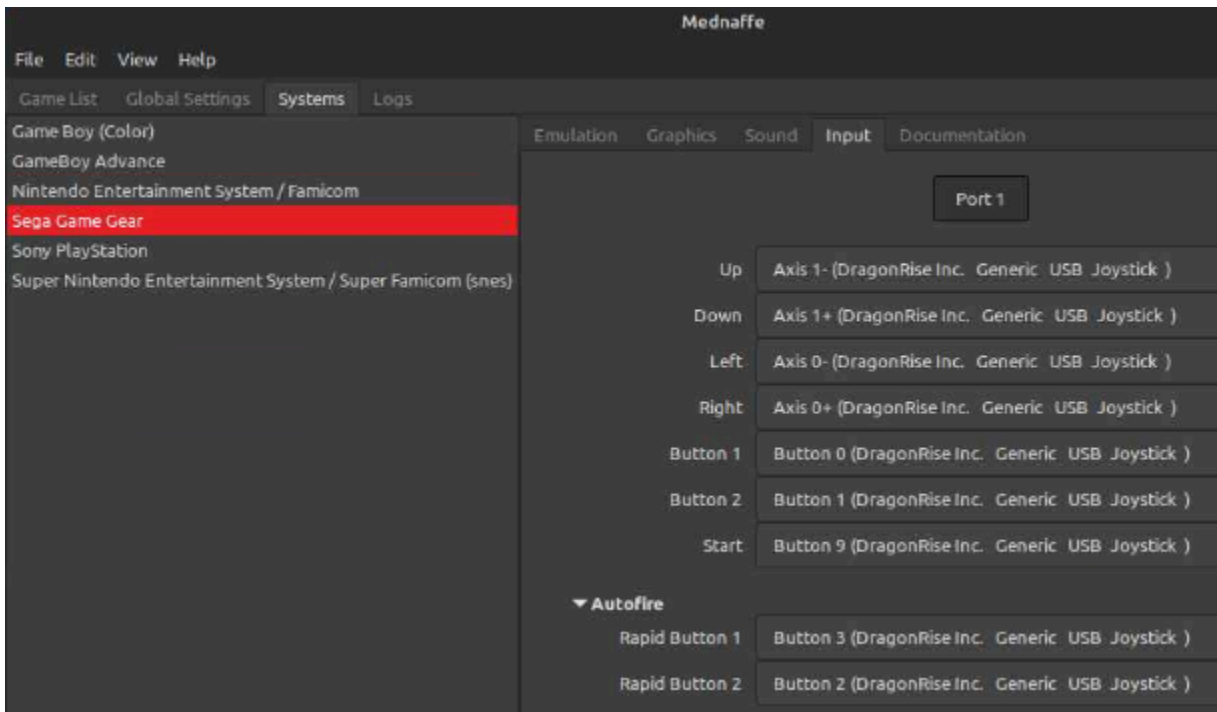
Systems tab> Sony Playstation> Emulation tab
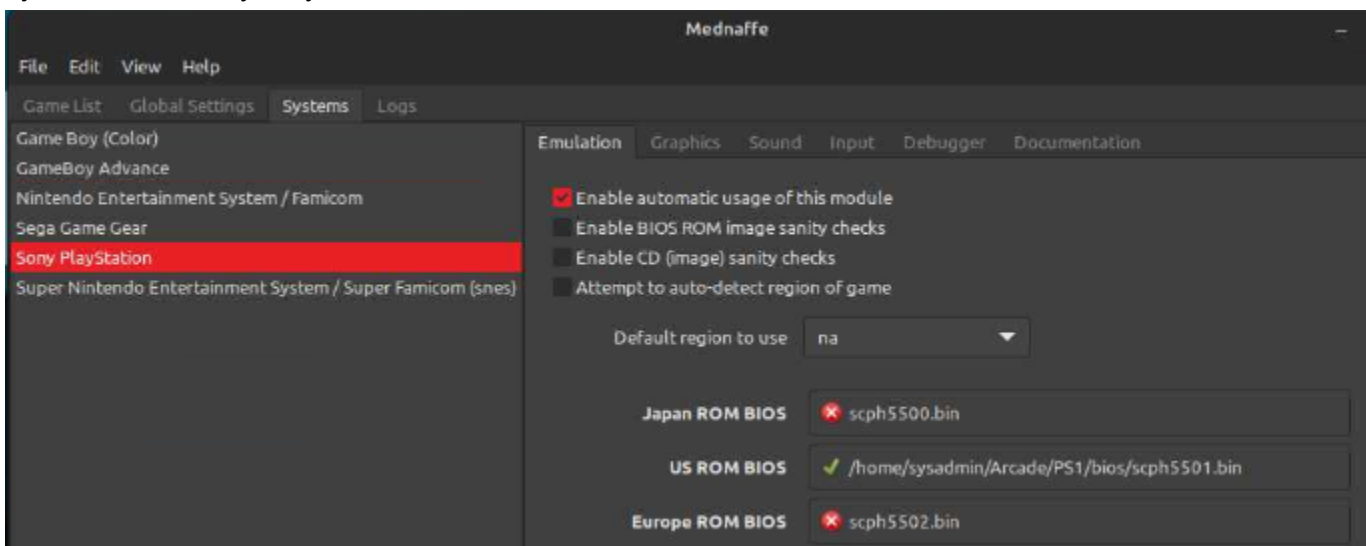
Systems tab> Sony Playstation> Graphics tab> Fullscreen tab
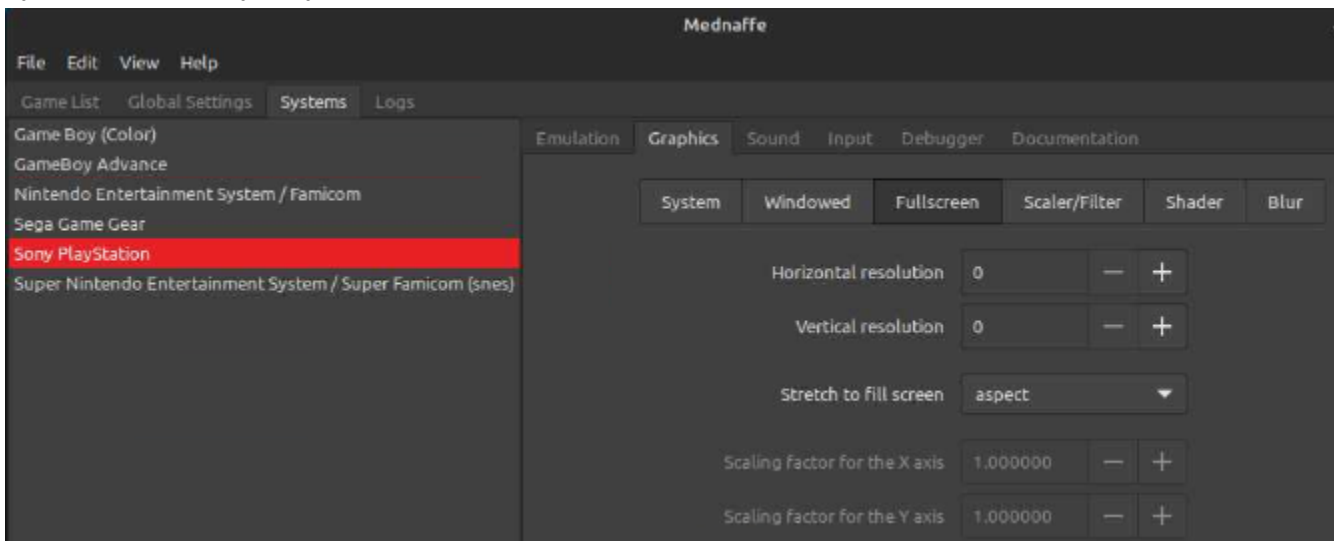
Systems tab> Sony Playstation> Graphics tab> Scaler/Filter tab> **2xsai**
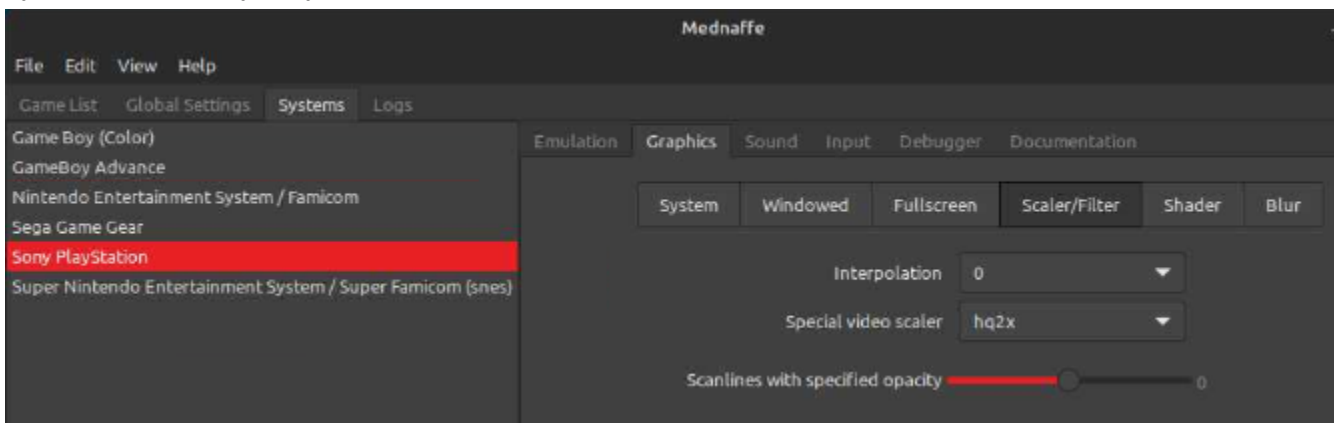
Systems tab> Sony Playstation> Input tab> Port1 = Joystick 1
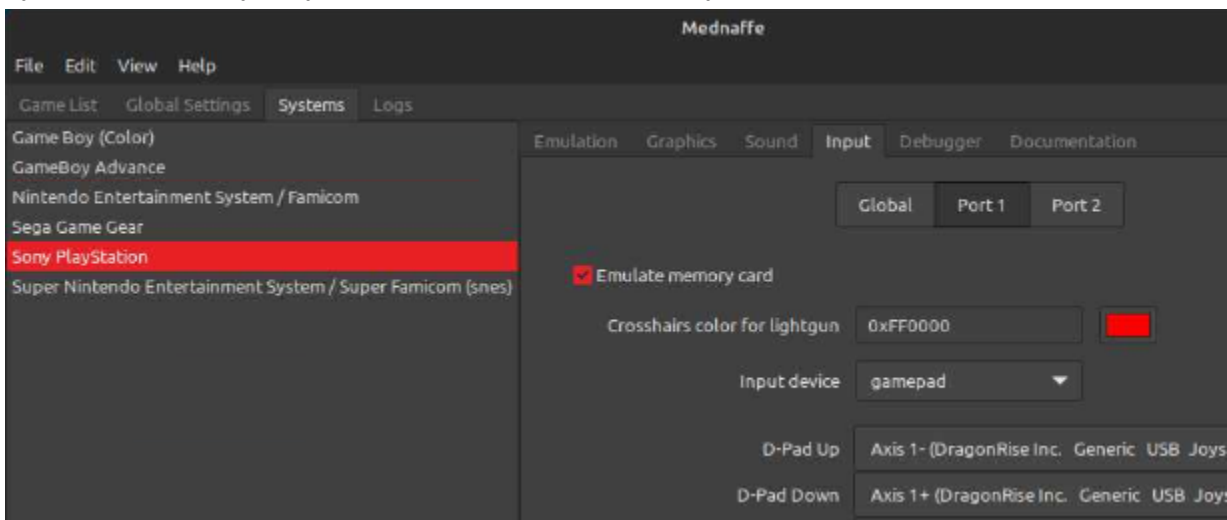
Systems tab> Sony Playstation> Input tab> Port2 = Joystick 2
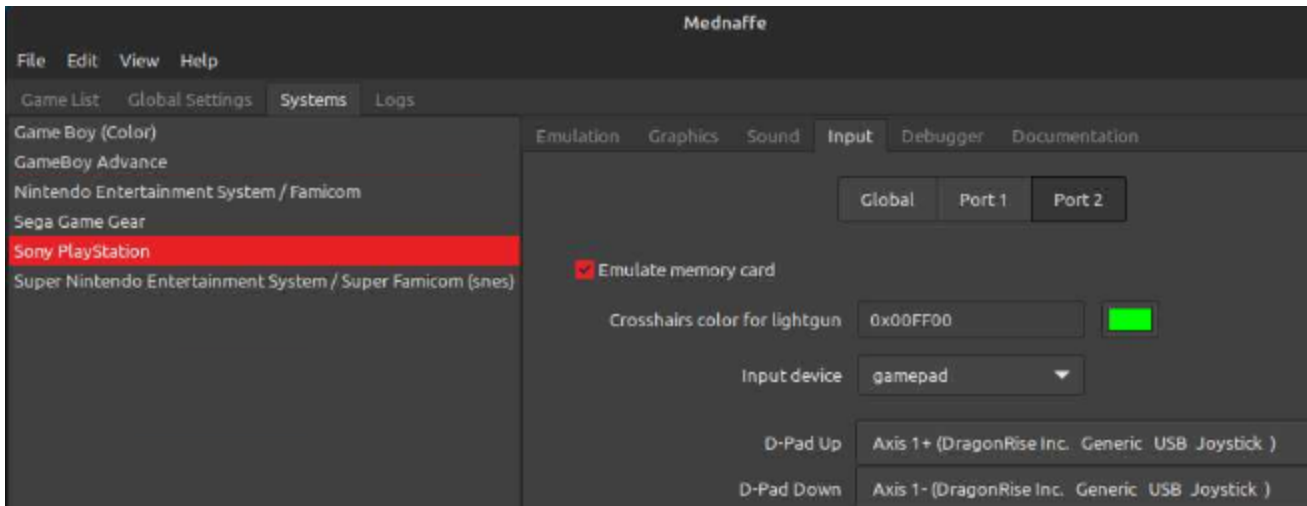
Systems tab> Super Nintendo> Graphics tab> System tab
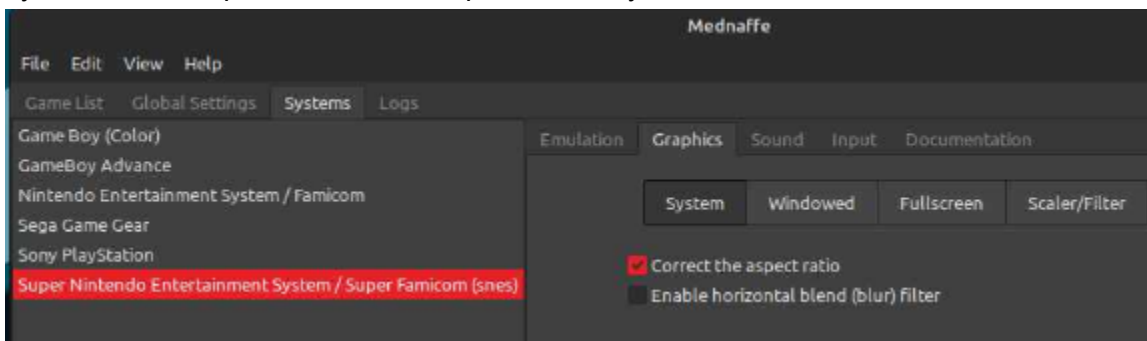
Systems tab> Super Nintendo> Graphics tab> Fullscreen tab
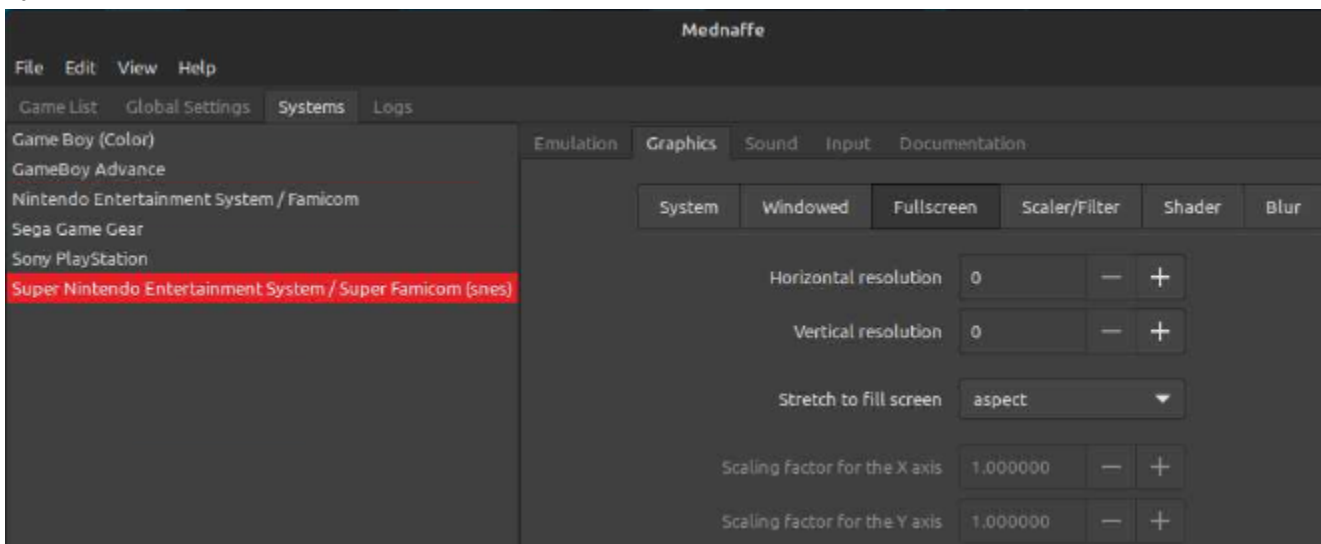
Systems tab> Super Nintendo> Graphics tab> Scaler/Filter tab> **hq3x**
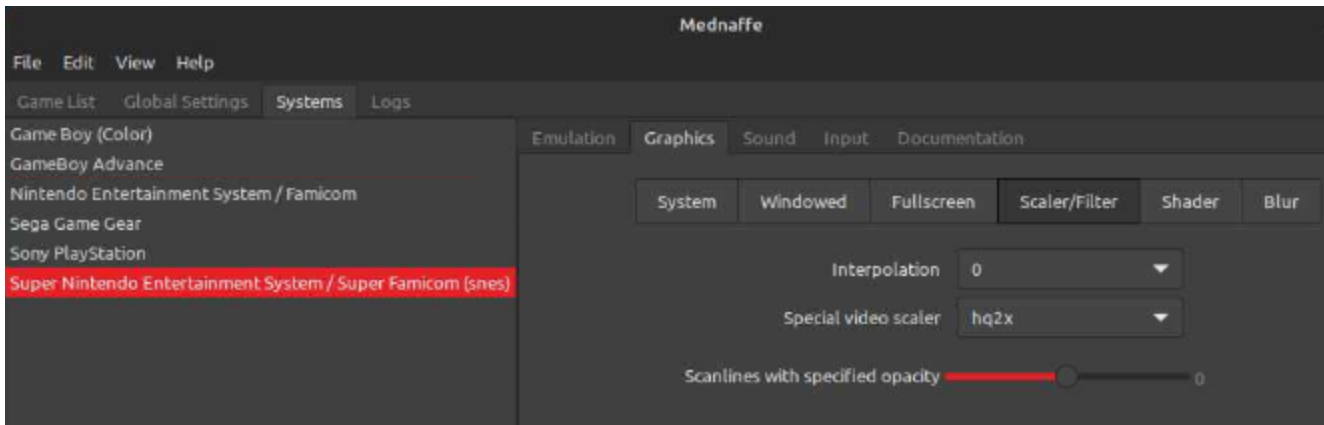
Systems tab> Super Nintendo> Input tab> Port1 = Joystick 1
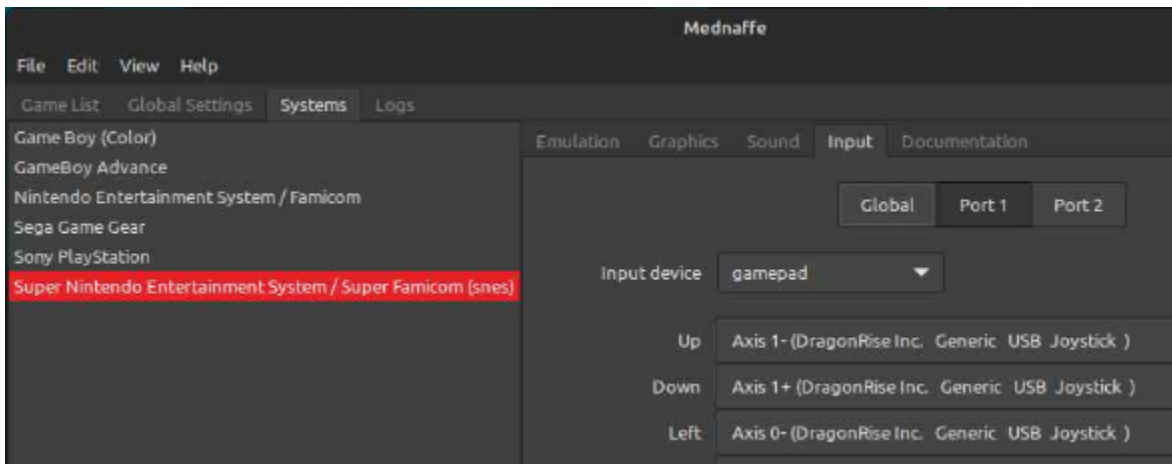
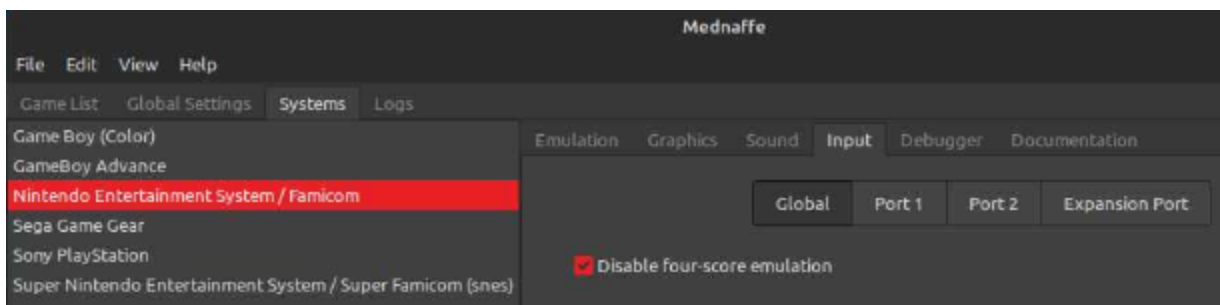Systems tab> Super Nintendo> Input tab> Port2 = Joystick 2
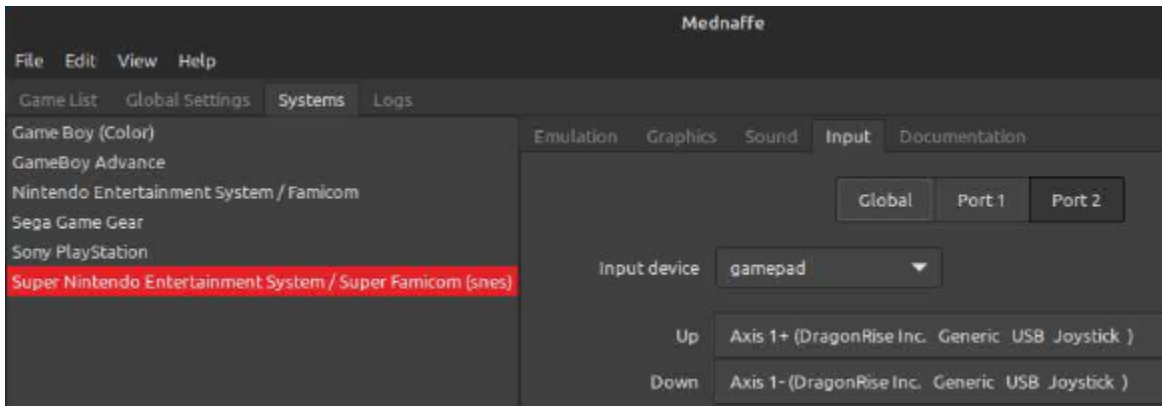
Game List tab> Add Folder button
        Add each System's Arcade rom folder.

Stella Emulator

Options> User Interface> Look & Feel tab

User interface settings

Look & Feel   Launcher

Theme   Dark   ✓
Dialogs font (*)   Medium   ✓   ☐ HiDPI m
Dialogs position   Centered   ✓   ☑ Center

List input delay   ▬▬▮   300 ms
Mouse wheel scroll   ▬▬▮   4 lines
Double-click speed   ▬▬▬▮   500 ms
Controller repeat delay ▬▮   400 ms
Controller repeat rate   ▬▬▬▬▬▮   20 repeats/s
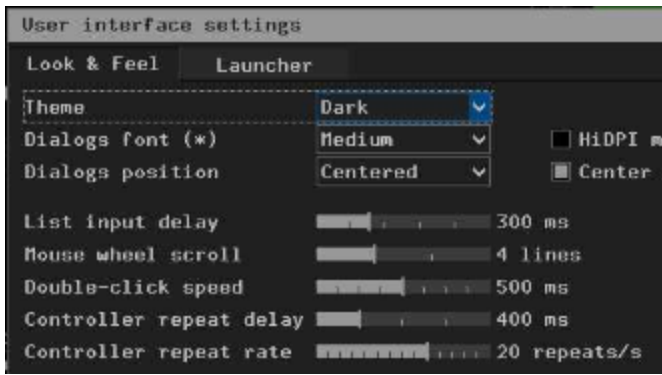
Options> User Interface> Launcher tab> ROM path

User interface settings   ?

Look & Feel   Launcher

ROM path...   ~/Arcade/Atari/Games/

Launcher width   ▮▬▬ 900px   ☐ Follow Launcher path
Launcher height ▮▬   600px
Launcher font   Medium   ✓

ROM info width   ▬▮   35%
Image path...   ~/Arcade/Atari/snapshots/

☐ Always exit to Launcher
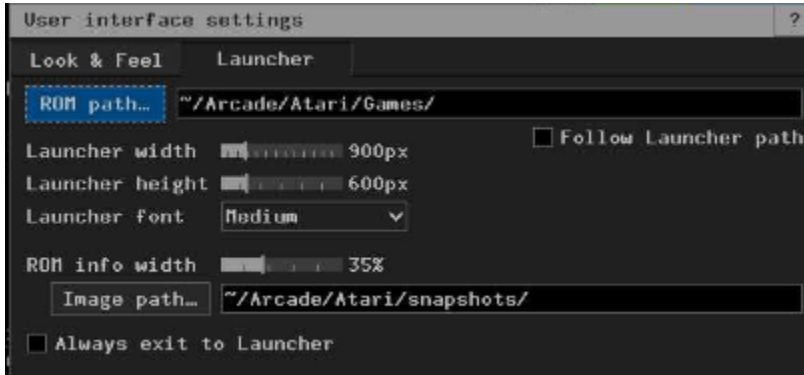
Options> Snapshots> Save path

Snapshot settings

Save path...   ~/Arcade/Atari/snapshots/

Continuous snapshot interval ▮   2 seconds

When saving snapshots:
  ☐ Use actual ROM name
  ☑ Overwrite existing files
  ☑ Create pixel-exact image (no zoom/post-processing)
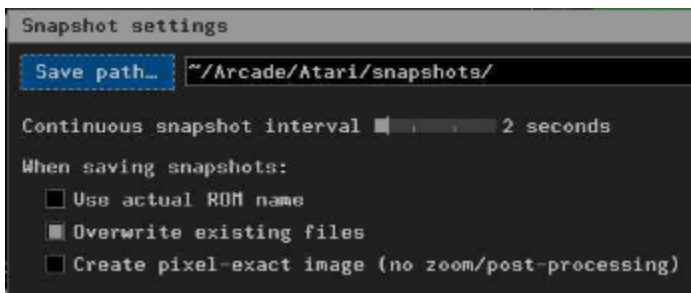
Options> Video & Audio> Display tab

Video & Audio settings

Display   Palettes   TV Effects   Audio

Renderer   OpenGL   ✓
☐ Interpolation

Zoom   ▮▬▬   200%
☑ Fullscreen
    ☐ Stretch
    ☐ Adapt display refresh rate
    Overscan   ▮▬   Off

☑ Correct aspect ratio (*)
V-Size adjust ▬▮   Default
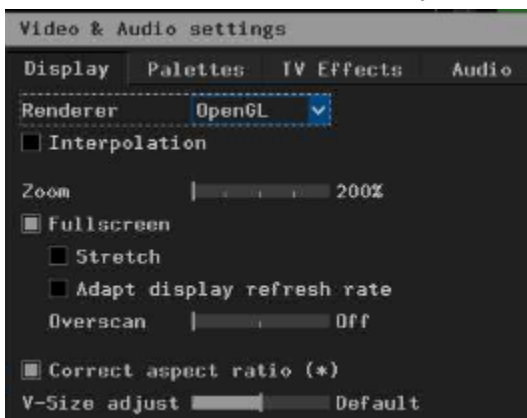
Options> Video & Audio> TV Effects tab

Video & Audio settings   ?

Display   Palettes   TV Effects   Audio

TV mode Disabled   ▼   Clone RGB
    Sharpness   ▬▬▬▬ 50%   Clone S-Video
    Resolution ▬▬▬▬ 50%   Clone Composite
    Artifacts   ▬▬▬▬ 50%   Clone Bad adjust
    Fringing   ▬▬▬▬ 50%   Revert
    Bleeding   ▬▬▬▬ 50%

■ Phosphor for all ROMs
    Blend   ▬▬▬▬ 50%
Scanlines:
    Intensity |▬▬▬ Off   Mask Standard   ▼
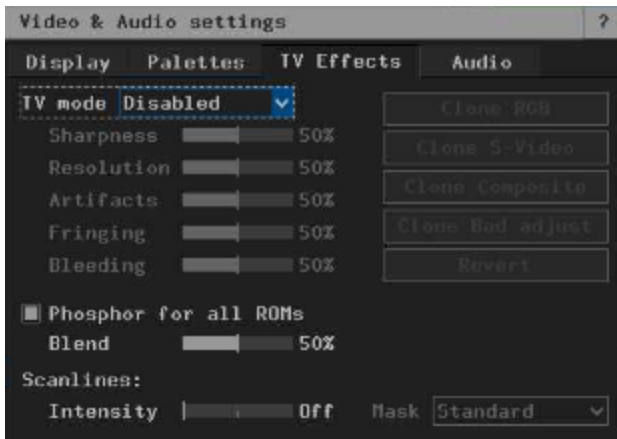
Options> Video & Audio> Audio tab

Video & Audio settings   ?

Display   Palettes   TV Effects   Audio

■ Enable sound
    Volume   ▬▬▬   50%
    Device Default   ▼
    Mode   High quality, medium lag   ▼
        Fragment size   1k samples   ▼
        Sample rate   44100 Hz   ▼
        Resampling quality High   ▼
        Headroom   ▬▬▬▬ 2.5 frames
        Buffer size   ▬▬▬▬ 3.0 frames
    ■ Stereo for all ROMs
    Pitfall II music pitch ▬▬▬ 20000

Options> Emulation

Emulation settings   ?

Emulation speed ▬▬▬ 100%
■ VSync
□ Turbo mode

□ Multi-threading
■ Fast SuperCharger load
■ Show UI messages

■ Confirm exiting emulation

When entering/exiting emulation:
    ◉ Do nothing
    ○ Save current state in current slot
    ○ Load/save all Time Machine states
□ Automatically change save state slots

Options> Input> Event Mappings tab
        Quit = yellow Exit game button
        Reload = red Reset game button
        Select = white Select button
        Reset = white Start button

Options> Input> Devices & Ports tab

Options> Input> Event Mappings tab> Joystick
ERASE EXISTING MAPPINGS WHEN CONFIGURING
Left = Joystick 1
Right = Joystick 2
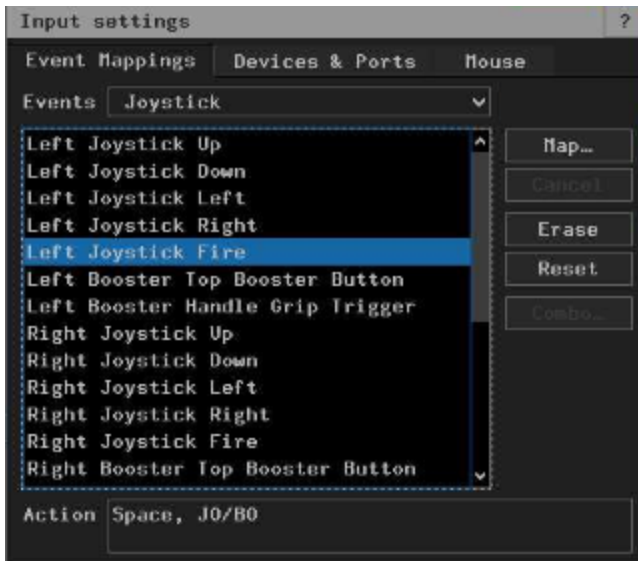
PPSSPP emulator

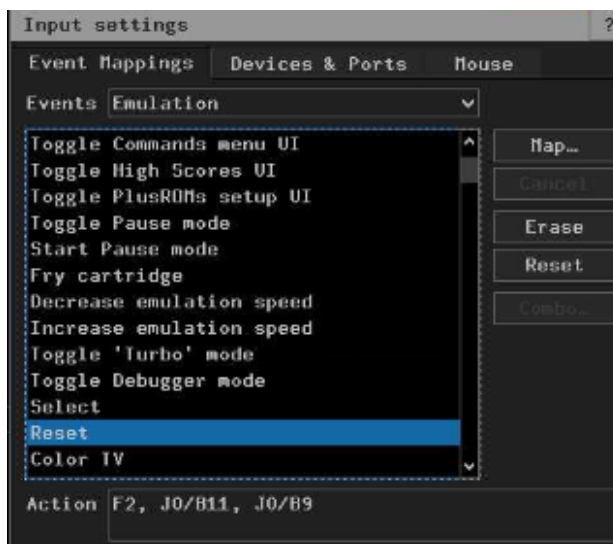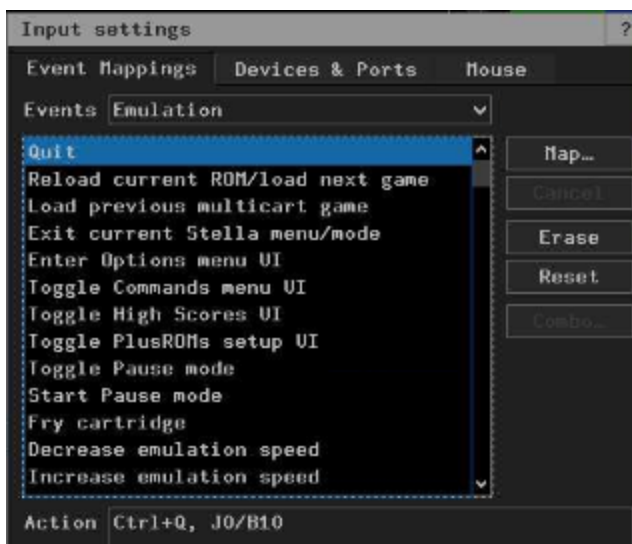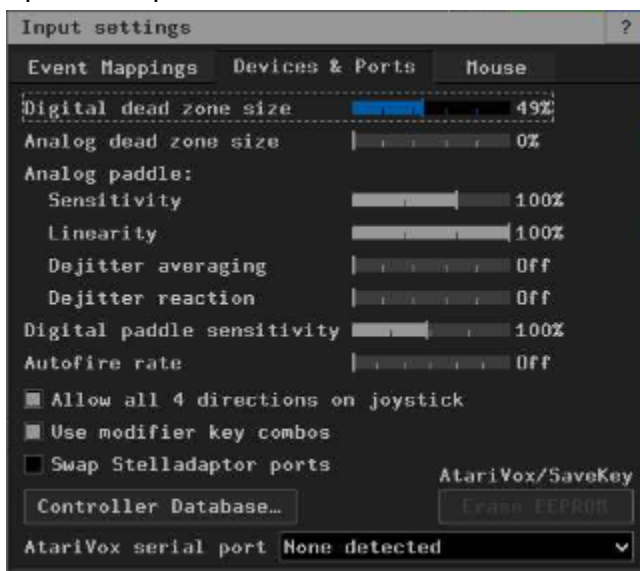Settings> Graphics tab>
      Backend = Vulkan
      Render res = 2x PSP
      Fullscreen = check

Settings> Controls tab> Control mapping>
      CLEAR PRE-EXISTING STUFF SO THERE'S NO CONFLICTS
      Pause = yellow exit game button

Games tab> choose games folder

PCSX2 emulator

Go through wizard on first run to define paths to Bios and Game folders.
Controller mapping defaults to the keyboard, so just proceed through that section, we'll edit later.

System> Settings>

Interface

Interface
Game List
BIOS
Emulation
Graphics
Audio
Memory Cards
Network & HDD
Folders
Achievements

Behaviour

- ✓ Inhibit Screensaver
- ☐ Confirm Shutdown
- ☐ Pause On Start
- ☐ Enable Per-Game Settings

- ✓ Create Save State Backups
- ✓ Save State On Shutdown
- ☐ Pause On Focus Loss
- ☐ Enable Discord Presence

Game Display

- ✓ Start Fullscreen
- ☐ Render To Separate Window
- ☐ Disable Window Resizing

- ☐ Double-Click Toggles Fullscreen
- ✓ Hide Main Window When Running
- ✓ Hide Cursor In Fullscreen

Preferences

Language:	System Language [Default]
Theme:	Dark Fusion (Gray) [Dark]

Interface
Game List
BIOS
Emulation
Graphics
Audio
Memory Cards
Network & HDD
Folders
Achievements

Speed Control

Normal Speed:	100% [60 FPS (NTSC) / 50 FPS (PAL)]
Fast-Forward Speed:	200% [120 FPS (NTSC) / 100 FPS (PAL)]
Slow-Motion Speed:	50% [30 FPS (NTSC) / 25 FPS (PAL)]

- ✓ Enable Speed Limiter

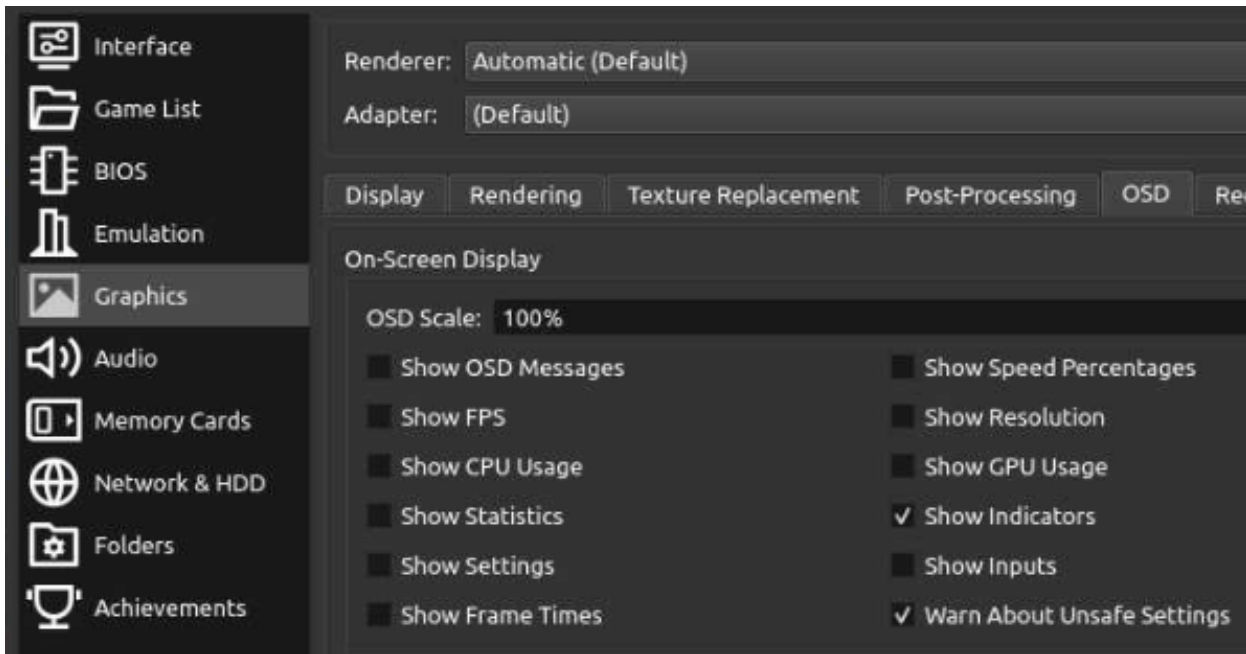### System Settings

EE Cycle Rate:	100% (Normal Speed)
EE Cycle Skipping:	Disabled
Affinity Control:	Disabled

- ✓ Enable Multithreaded VU1 (MTVU)
- ☐ Enable Cheats

- ✓ Enable Instant VU1
- ☐ Enable Host Filesystem

Frame Pacing / Latency Control

Maximum Frame Latency:	2 frames

- ☐ Optimal Frame Pacing
- ☐ Scale To Host Refresh Rate

Settings> Hotkeys>
      CLEAR ALL PRE-EXISTING TO PREVENT CONFLICTS
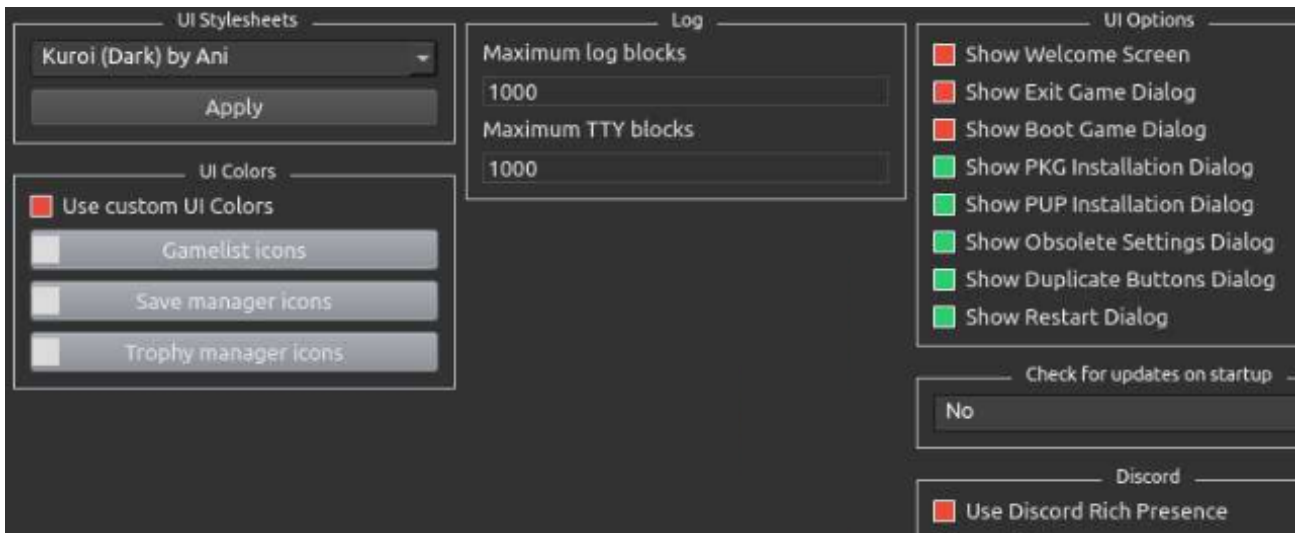   Shut Down Virtual Machine = yellow exit game button
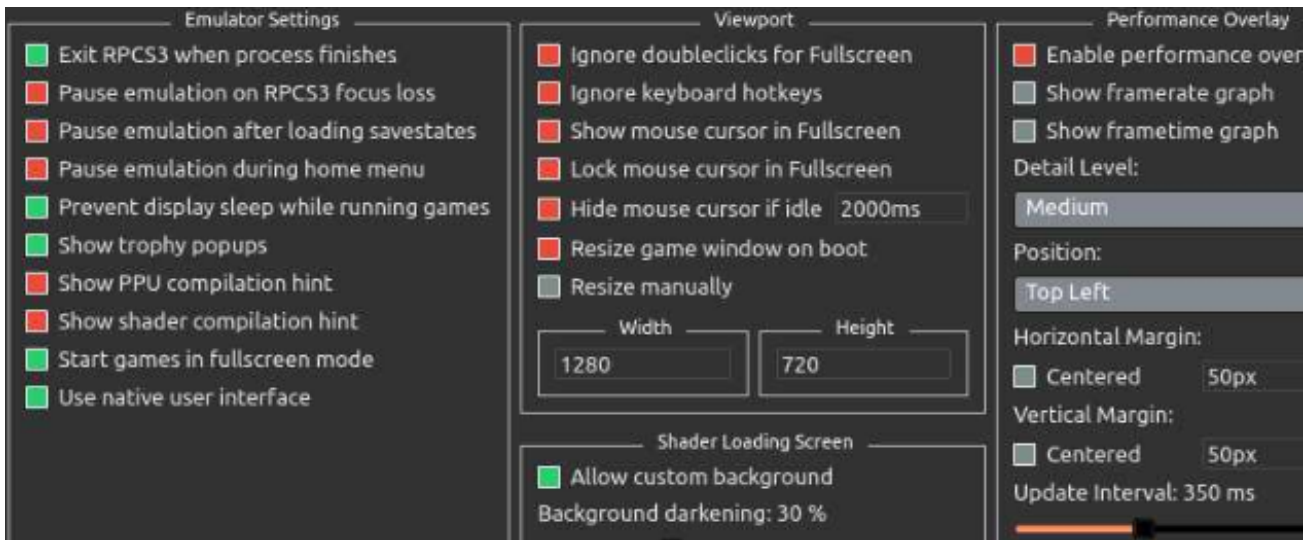   Reset Virtual Machine = red reset button

Settings> Controllers>
      CLEAR MAPPINGS BEFORE CONFIGURING
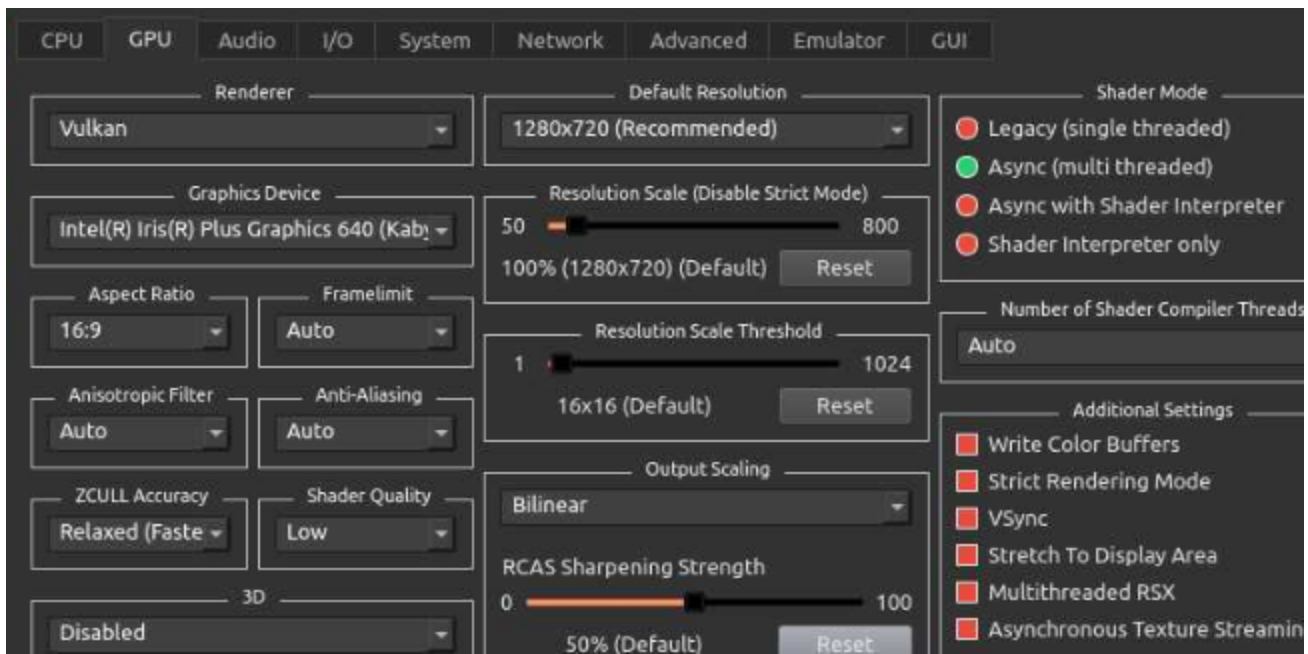

RPCS3 emulator

Configuration> GUI>

Configuration> Emulator>

Configuration> Audio> Convert to 16-bit> check

Configuration> GPU>

Configuration> Shortcuts>

File> Add Games>