Getting Started Instructions

In this brief “Getting Started” video, I will demonstrate how to use the navigational features of this course.

Before you begin the course, you may want to check the system requirements and view the introductory video.

Keep in mind that there might be a slight delay when viewing online content if your Internet connectivity is slow.

Link to Adobe’s System Requirement page: http://www.adobe.com/products/flashplayer/systemreqs/

Link to Adobe’s Flash Player page: http://get.adobe.com/flashplayer/

This course consists of five separate modules, each of which can be accessed via the main menu on this page.

Let’s take a look at the first module, “Memory Difficulties: Should I Be Worried?”

Keep in mind that when you open a module, you will be opening a new window. When you open up a new browser window, you’ll see that you can toggle between the main page and the module page that you just opened. When you have completed this module, simply close the browser window and at that point, you will be able to select your main menu and to open up a new module.
A pop-up-window appears and you should hear the audio narration begin within a few seconds. The module continues playing without any user intervention. If you like, you can simply sit back and view the content until the module is finished.

At this point, let me stop the course so I can give you a quick overview of the player and explain how it works.

First, let's look at the buttons on the bottom portion of the player. You can stop and start the module by clicking this button. You can also advance to the next slide by pressing this button or go backwards one slide at a time by clicking this button. To the right of the backward/forward buttons is the playbar. This shows you which slide you are currently viewing and how many slides total are in the module. Right now, you can see that we are viewing the first of 55 slides and the status of the course is “stopped.”

Most slides have audio files that play while photos are displayed. The numbers on the right side of the play bar show how long the audio narration will last for the slide you are viewing and how much of this narration you have already listened to.

You can adjust the sound using your computer’s built in audio controls, or you can use the audio adjustment slider here. You can ignore the next button as it displays attached documents and there
are no attachments in this program.

The button to the far right is an important button as it allows you to focus only on the slides if you would like to. When you press this button, the Outline and Notes section on the far right of your screen disappear. If you want to return to the other view, simply click the button again.

The Outline area on the far right has a list of each slide, its title and duration. You can easily skip to another slide by scrolling through the Outline and clicking on one of the items in this list.

If you would like to read along with the narration, click on the Notes tab. This displays the narration in text form. Keep in mind that to view the entire Outline or Notes section, you will need to use the scroll bar. For example, to view the rest of the slides in the outline area, I would simply use the scroll bar. When viewing notes, you also use the scroll bar if you would like to follow the narration.

Right below the five modules on the main page is a link to “Aging Well Resources and Links.” This page contains additional links, documents and other resources related to each of the five modules.

Thank you for viewing this “getting started” video and don’t hesitate to contact Sharon Johnson directly if you have any questions or comments about this program.

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