

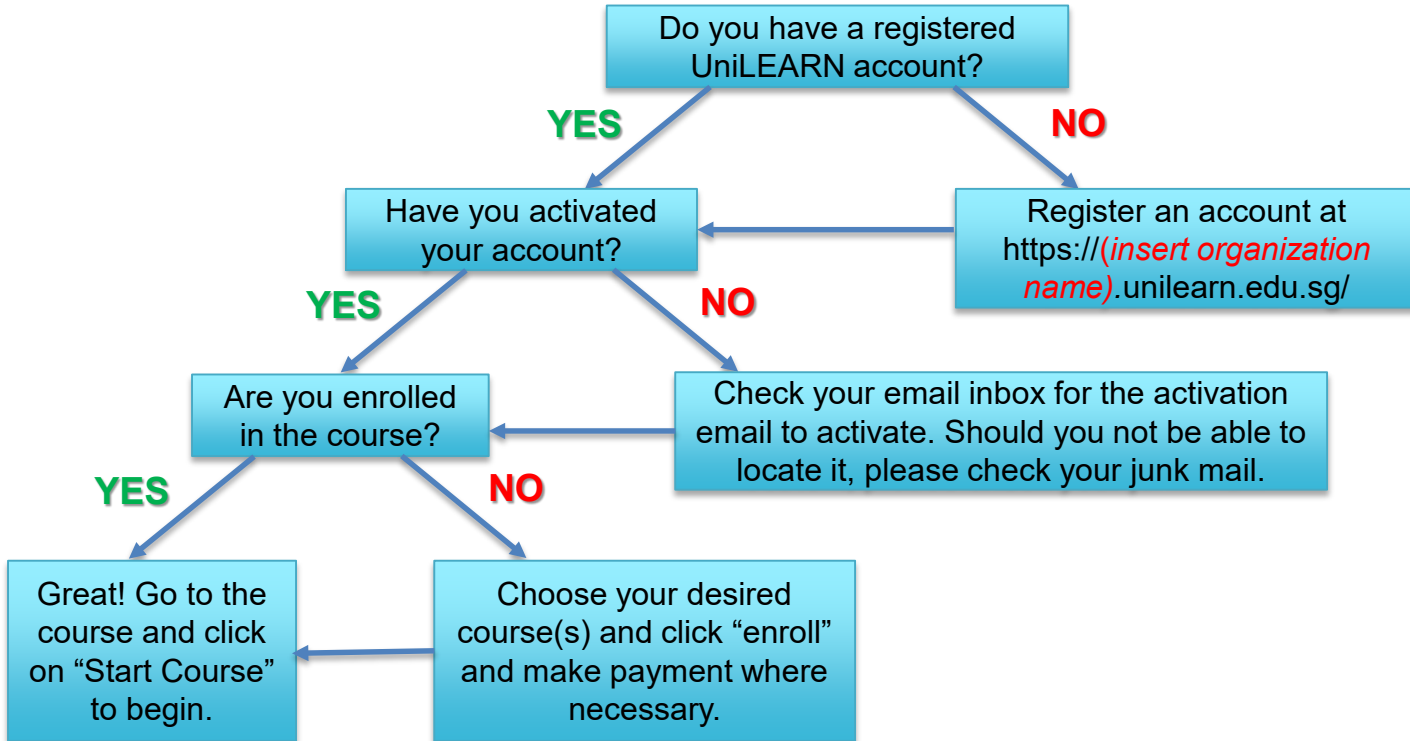


Briefing for UniLEARN Learners

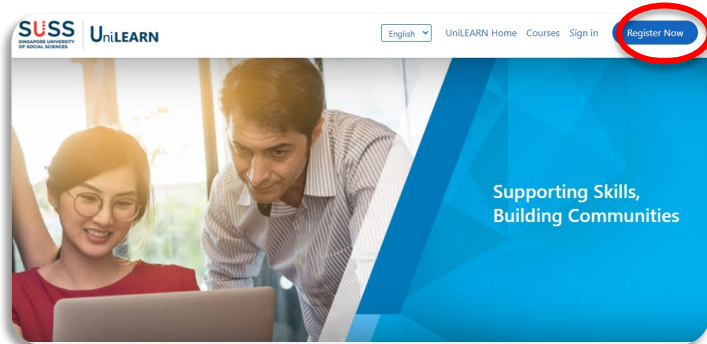
Content Outline

1. Register and activate your UniLEARN account
2. Sign into UniLEARN
3. Enroll in course(s)
4. Navigate the course
5. Complete the quizzes
6. Engage in discussions
7. Evaluate the course
8. FAQs

Guide to Course Access



1. Register & Activate Your UniLEARN Account



1. Go to [https://\(insert organisation name\).unilearn.edu.sg](https://(insert organisation name).unilearn.edu.sg).
2. Click on "Register Now".

A screenshot of the UniLEARN account creation form. At the top, it says 'Welcome! Register below to create your SUSS.UniLEARN account'. Below this is a link: 'Already have an SUSS.UniLEARN account? [Sign in.](#)'. The main section is titled 'Create an Account' and contains several input fields: 'Full Name', 'Public Username', 'Email', 'Password', and 'Country or Region of Residence'. Below the fields is a paragraph of terms and conditions, a checkbox for 'Support education research by providing additional information', and a blue 'Create Account' button.

3. Fill in the online form for account creation.

Account Activation

You're almost there! Use the link below to activate your account to access engaging, high-quality SUSS.UniLEARN courses. Note that you will not be able to log back into your account until you have activated it.

[Activate Your Account](#)

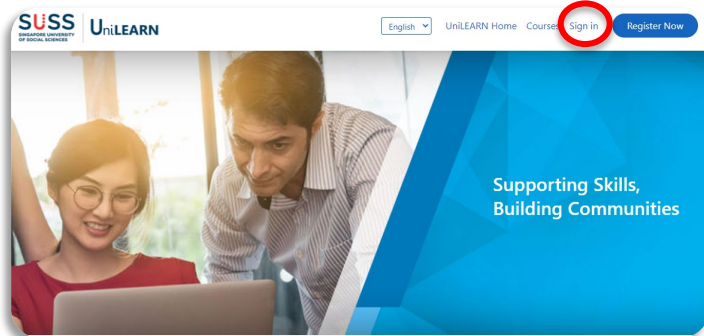
Enjoy learning with SUSS.UniLEARN.

If you need help, please use our web form or at email unilearn@suss.edu.sg.

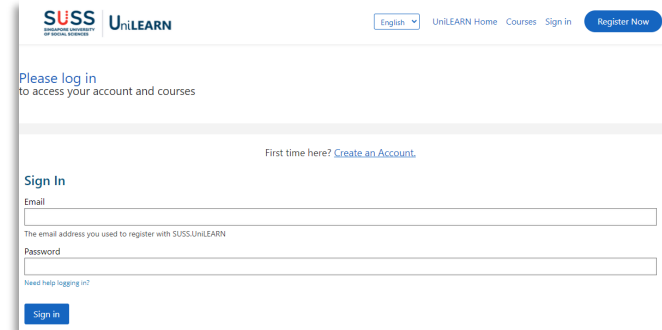
This email message was automatically sent by <https://suss.unilearn.edu.sg> because someone attempted to create an account on SUSS.UniLEARN using this email address.

4. You should receive an account activation email in your inbox. Click on "Activate your Account". Should you not be able to locate it, do check your spam/junk mail for it.

2. Sign in to UniLEARN



1. Go to [https://\(insert organisation name\).unilearn.edu.sg](https://(insert organisation name).unilearn.edu.sg).
2. Click on "Sign in".



3. Sign in with your email and password.

**Please ensure that you do key in the correct password, as your account will be locked if you have keyed in the incorrect password thrice. You'll only be allowed to try again after 6 hours.*

3. Enroll in Courses

The screenshot shows the SUSS UniLEARN Course Catalogue. The 'Courses' link in the top navigation bar is circled in red. Below it, the 'Understanding Autism' course is highlighted, with its 'Enroll' button also circled in red. The course details include a description, a price of S\$38 including GST, and a start date of 'Available Now'.

1. Click on Courses to browse through the listing.
2. Choose your desired course and click on “Enroll”.

Understanding Autism
Building empathy for people with autism and families of people with autism.
SGD38.00

Apply a coupon code

Total: SGD38.00

Checkout with Visa/Mastercard Checkout with WeChat

3. Checkout to make your payment by filling in the required billing information. Once the payment has been accepted, you will receive an official e-receipt as confirmation.

4. Course Navigation – Course Content

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SUSS: MFR002_MSF
Marital First Responders

English

Course Discussion Progress **Navigating the Course** Technical Support Instructor

View this video to find out how

1. Click on “Navigating the Course” for a brief user guide tutorial video.

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SOS: VT101
Volunteer Training - Phase 1

UniLEARN Home Unilearn

Course **Course Navigation** Discussion Progress Technical Support Notes

Volunteer Training - Phase 1

Search the course Search Resume Course

Expand All

- > About the Course
- > Topic 1: Introduction to SOS
 - > Overview
 - > 1.1 About SOS
 - > 1.2 Pre-service Programme
 - > 1.3 SOS Expectations
 - > 1.4 Self-Awareness (Illustration)
Read Abigail

Course Tools

- Bookmarks
- Updates
- Imp Course Dates
- Cou

2. Click “Course” to go into the course content.

4. “Expand all” to view the Table of Contents.

3. Check out “Updates” to read the latest announcement(s).

4. Course Navigation – Starting on the Course

The screenshot shows the top navigation bar with a dropdown menu set to 'Staff'. Below it, a horizontal menu contains 'Course', 'Course Navigation', 'Discussion', 'Progress', 'Technical Support', 'Notes', and 'Instructor'. The main heading is 'Introduction to Project Management'. A search bar is present with 'Search' and 'Start Course' buttons. The 'Start Course' button is highlighted by an orange callout bubble. The main content area includes a 'Dear Learners' section with a welcome message and a list of instructions for learners. A 'Show More' button is located at the bottom right of the instructions list.

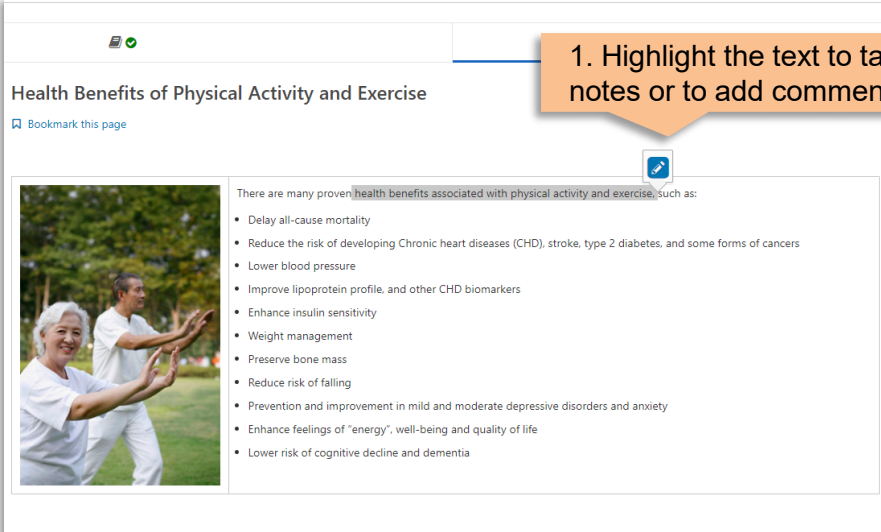
1. Click on “Start Course”.

2. Click “Next” to progress, or “Previous” to go back.

The screenshot shows the 'About this Course' page. At the top, there is a breadcrumb trail: 'Course > About this Course > About this Course > About this Course'. Below this, there are navigation buttons for '< Previous' and 'Next >'. A 'VIEW UNIT IN STUDIO' button is visible in the top right corner. The main content area is titled 'About this Course' and includes a 'Bookmark this page' link. The text describes the course's purpose, what participants will learn, and the integration of project management with business strategy. It also lists learning outcomes and provides a bulleted list of skills to be gained upon completion.


4. Course Navigation – Taking Notes

1. Highlight the text to take notes or to add comments.




Health Benefits of Physical Activity and Exercise

Bookmark this page

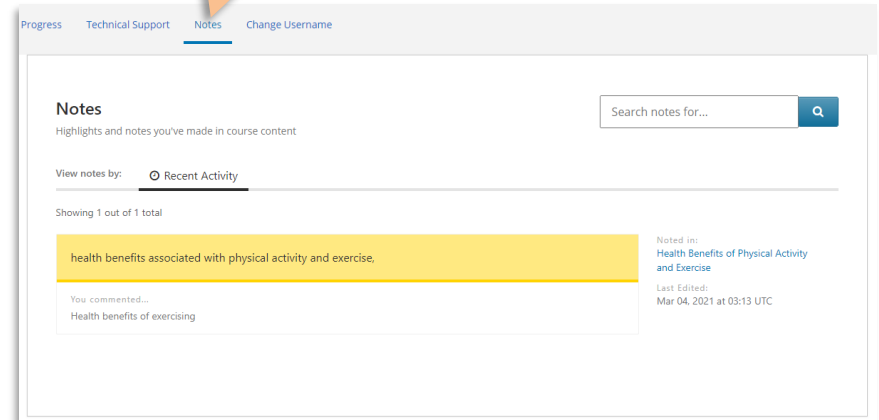


There are many proven health benefits associated with physical activity and exercise, such as:

- Delay all-cause mortality
- Reduce the risk of developing Chronic heart diseases (CHD), stroke, type 2 diabetes, and some forms of cancers
- Lower blood pressure
- Improve lipoprotein profile, and other CHD biomarkers
- Enhance insulin sensitivity
- Weight management
- Preserve bone mass
- Reduce risk of falling
- Prevention and improvement in mild and moderate depressive disorders and anxiety
- Enhance feelings of “energy”, well-being and quality of life
- Lower risk of cognitive decline and dementia



2. Go to “Notes” to locate or review all of your notes or bookmarks.



Progress Technical Support **Notes** Change Username

Notes

Highlights and notes you've made in course content

View notes by: **Recent Activity**

Showing 1 out of 1 total

health benefits associated with physical activity and exercise.

You commented...
Health benefits of exercising

Noted in:
Health Benefits of Physical Activity and Exercise

Last Edited:
Mar 04, 2021 at 03:13 UTC

5. Complete the Quizzes

3. Go to progress.

[← Previous](#)

Graded Quiz

[Bookmark this page](#)

Multiple Choice with Feedback

1 point possible (graded)

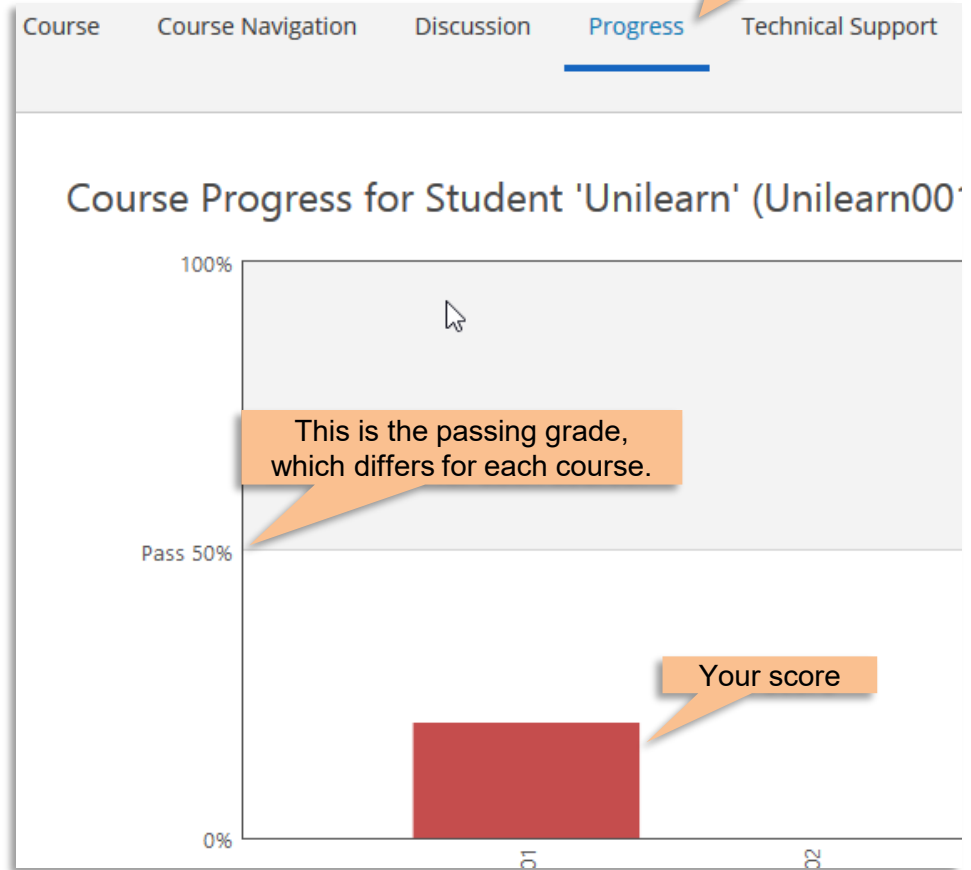
Which of the following describes the term occupation?

- Occupation is the work that we do in our daily life. It allows us to earn money for our daily life. It allows us to support our family.
- Occupations are activities that we perform in our physical and mental well-being, for a better quality of life.
- Occupation is the work that we do in our daily life. It is important for our health and well-being.

1. Check the box to select your answer.

2. Click submit.

You have used 0 of 2 attempts



6. Engage in Discussions

1. Click on Discussion.

The screenshot shows a course interface with a navigation bar containing 'Course', 'Discussion', 'Progress', 'Navigating the Course', 'Technical Support', and 'Instructor'. The 'Discussion' tab is active. Below the navigation bar is a search bar with 'All Topics' and an 'Add a Post' button. A sidebar on the left lists several discussion topics with their respective counts: 'My Nature Job as the Solemnizer' (4), 'Hello from Assyafaah Mosque!' (2), 'Hi Fellow Friends!' (1), 'Financial Adviser' (1), 'Financial Adviser' (1), and 'Financial Adviser' (1). The main content area displays the 'Hi Fellow Friends!' discussion, which was posted about an hour ago by Wiyah. The text of the post reads: 'We were introduced to this training by our Community Engagement Officer. I am keen to learn on how to provide basic support to couples and to assist them in creating healthier relationship. It would learn on how to respond to confider (as an adult child) that are currently facing family estrangement with parents and the way to cope it.' Below the text is a rich text editor with a toolbar and a 'Submit' button. A 'Preview' button is also visible. An orange callout bubble with the text '2. Add a post.' points to the 'Add a Post' button.

2. Add a post.

7. Evaluate the Course

- > Introduction
- > Topic 1: Issues in Marriage
- > Topic 2: Role of a Marital First Responder (MFR)
- ▼ Topic 3: Skills for a MFR
 - Topic overview
 - 3.1 Core Skills - L.E.A.P.
 - 3.2 Advanced Skills - C.A.R.
 - 3.3 Maintaining Boundaries
 - Knowledge Check (1 Question)
 - Quiz
 - Discussion
- > Course Summary
- > Resources
- ▼ Course Evaluation Survey
 - Course Evaluation Survey

At the end of your course, do remember to complete the course evaluation survey!

FAQS

How do I reset my password?

First time here? [Create an Account.](#)

Sign In

Email

The email address you used to register with SUSS.UniLEARN

Password

Need help logging in?

Sign in

1. Click on “Need help logging in?”

Password assistance

Please enter your log-in or recovery email address below and we will send you an email with instructions.

Email

The email address you used to register with SUSS.UniLEARN

Recover my password

2. Enter your email and click “Recover my password”.

Password Reset

You're receiving this e-mail because you requested a password reset for your user account at SUSS.UniLEARN.

If you didn't request this change, you can disregard this email - we have not yet reset your password.

Change my Password

3. Check your inbox for the password reset email and click “Change my Password”.

Reset Your Password

Enter and confirm your new password.

New Password

Confirm Password

Reset My Password

4. Enter and confirm your new password.

The logo for Singapore University of Social Sciences (SUSS) features the letters 'SUSS' in a bold, sans-serif font. The 'S' and 'SS' are dark blue, while the 'U' is red. The 'U' has three small red dots stacked vertically above it, resembling a stylized 'i' or a social media icon.

SUSS

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