

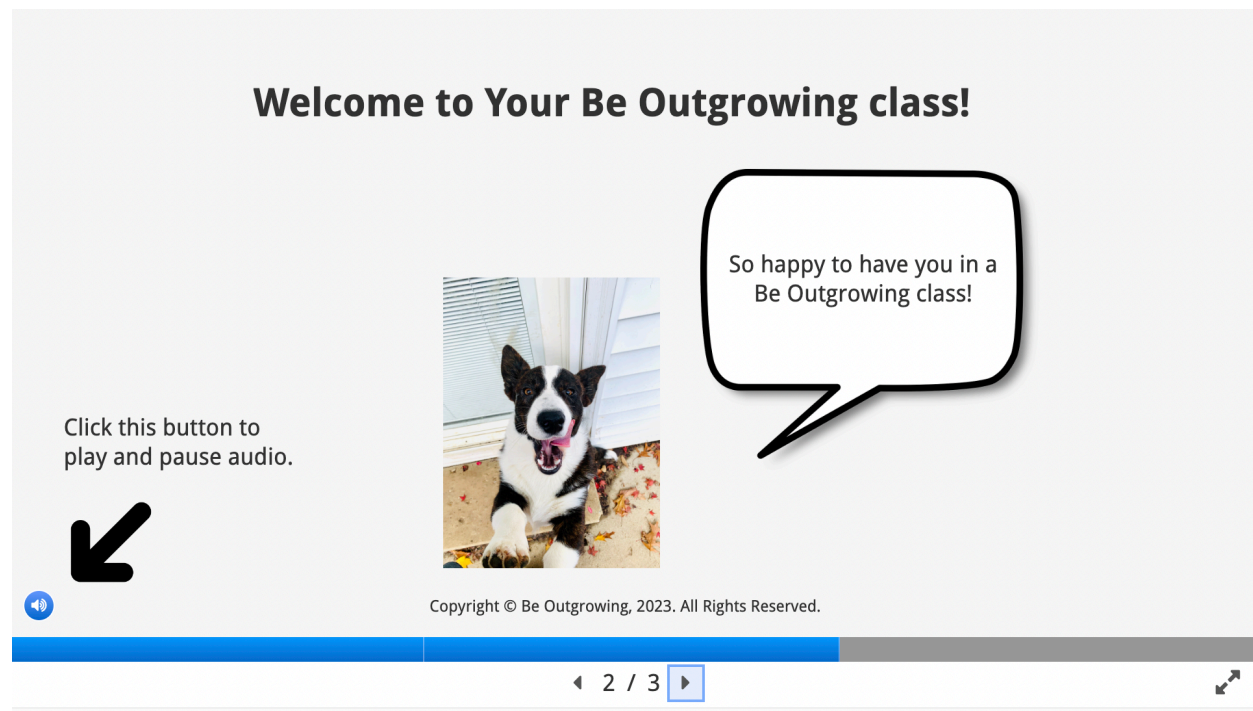
How to Navigate a Be Outgrowing Class

We want to make navigating a Be Outgrowing class as easy as possible for you, so read on for helpful tips!

Everything you need can be accessed through our online course/interactive presentation, which you can access by entering your login information through our My Account page on the Be Outgrowing website. The list of your enrolled class or classes will all be available once you log in. To see and access all of your courses, go to the My Account page (if you are reviewing a class and want to go back to see all of your classes, click the My Account page from the website menu).

On the My Account page, you will see Your Courses listed. Once you click on the course you wish to begin, Course Content will appear. The Course Content includes lessons: the actual course/interactive presentation (identified by the title of the class and “Click here to see the class!”) and the YOUR TURN Book. You can choose to review or download the YOUR TURN Book here or through one of the access links in the class.

After you select the class/interactive presentation, you will see the first slide of the class, which looks something like this.



The screenshot shows a presentation slide with a light gray background. At the top center, the text reads "Welcome to Your Be Outgrowing class!". Below this, on the left, is a black arrow pointing down and to the left, with the text "Click this button to play and pause audio." above it. In the center is a photograph of a black and white dog sitting on a floor with autumn leaves. To the right of the dog is a speech bubble containing the text "So happy to have you in a Be Outgrowing class!". At the bottom of the slide, there is a blue progress bar and a navigation control showing "2 / 3" with left and right arrows. A small copyright notice "Copyright © Be Outgrowing, 2023. All Rights Reserved." is located at the bottom center of the slide area.

To navigate between slides, use the forward and back arrow buttons.

Within the class you will have check-ins to complete, which include multiple-choice and true/false questions. There are instructions for each check-in, along with feedback. The goal of check-ins is to help you learn, so if you miss the mark on one of the check-ins, try again!

Each class also has YOUR TURNS, which are meant for you to try out skills we discuss during each class. The symbol below indicates a YOUR TURN to complete. All of the YOUR TURNS are included (with instructions) in the class YOUR TURN Book.



Once You have reviewed each lesson (interactive presentation and YOUR TURN Book) select each as “Mark as Complete.” Then you will be able to download a certificate by clicking on this symbol:



If you have questions at any time during the course – about content or how to navigate the course – please do not hesitate to reach out! We are happy to help support you through this course! Just email us at: info@beoutgrowing.com. This email gives you a direct line to us (Anne and Courtney). We created the course and know it inside and out, so we’re confident we can help you!