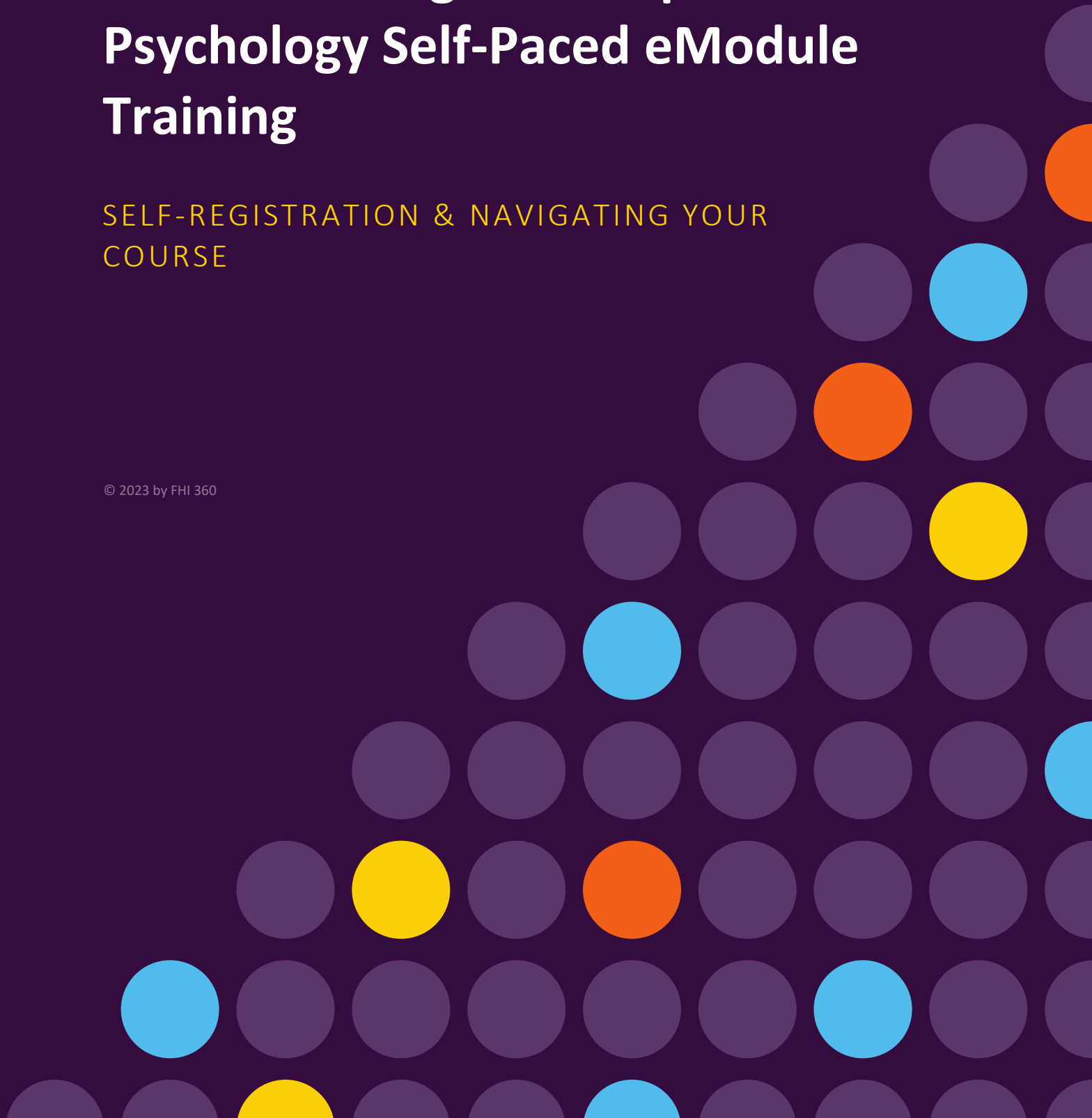


# Understanding Me: Purpose & Psychology Self-Paced eModule Training

SELF-REGISTRATION & NAVIGATING YOUR  
COURSE

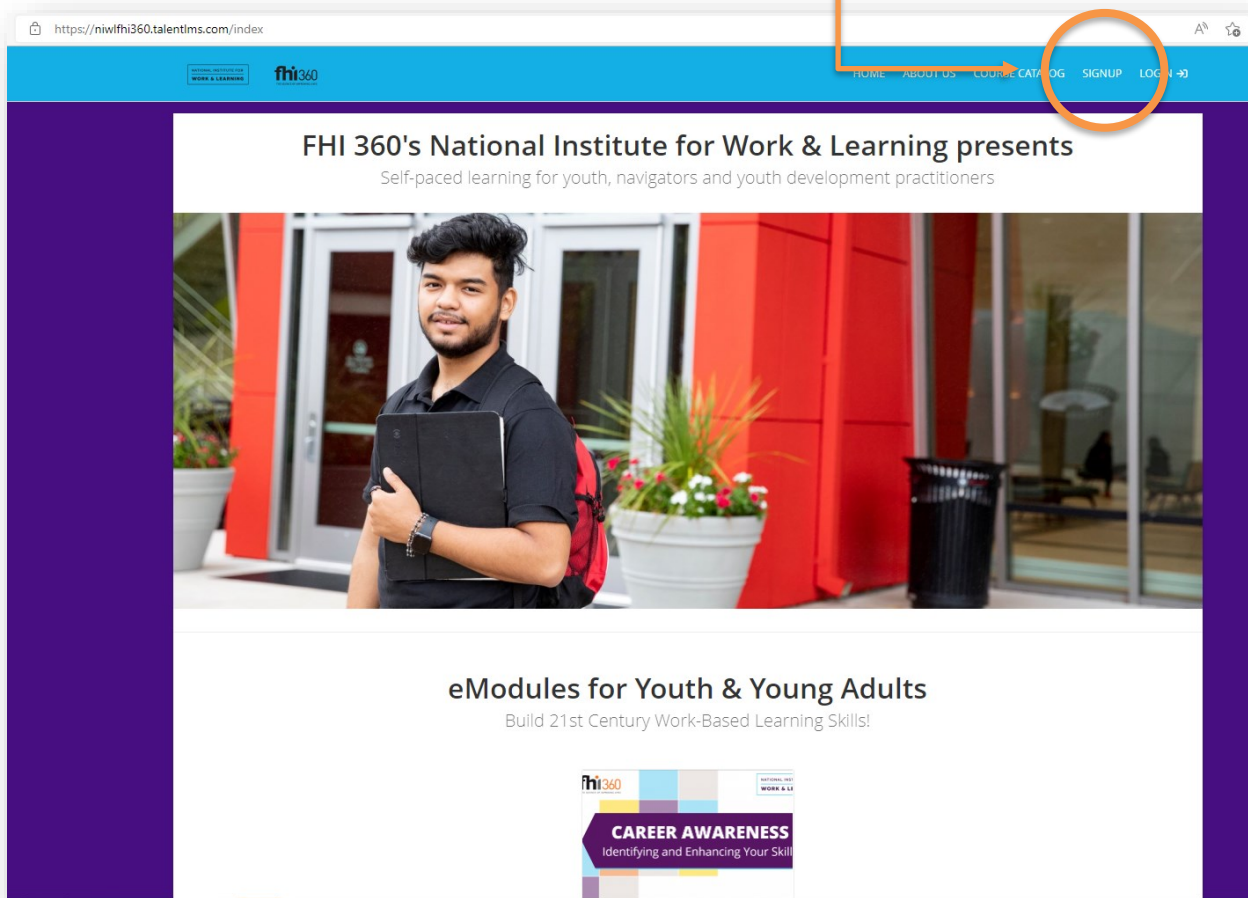


## LMS SELF-REGISTRATION



### Signing Up:

1. Navigate to: <https://niwlfhi360.talentlms.com/>
2. Once there, create your own account by clicking on “Signup” in the righthand corner.

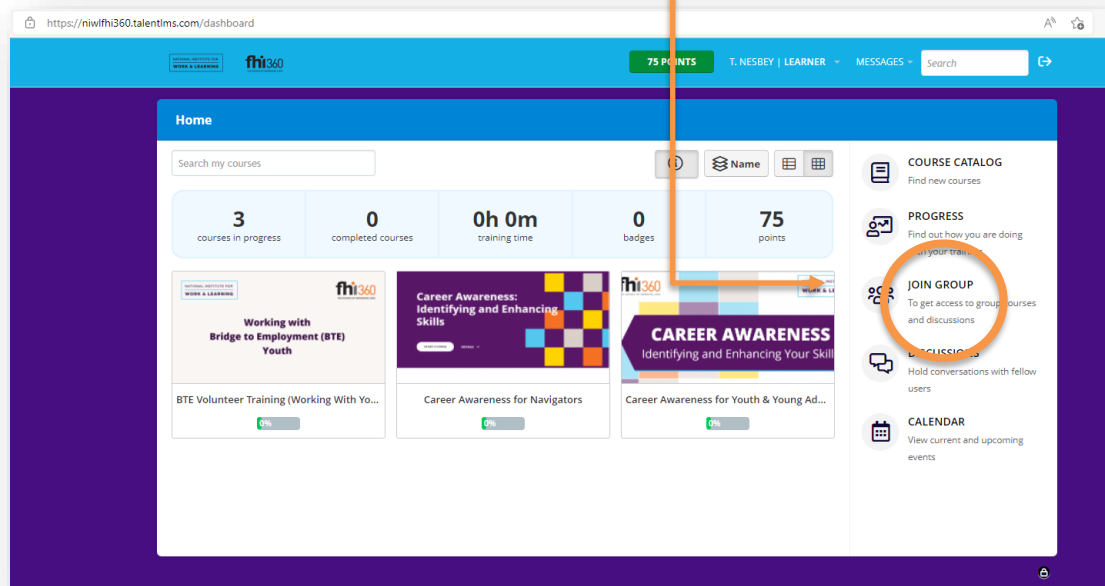


3. Upon completion of signup, your account will be sent to LMS admin for approval/activation. This will typically take a few seconds.
4. Once your account is approved and active, you can login.

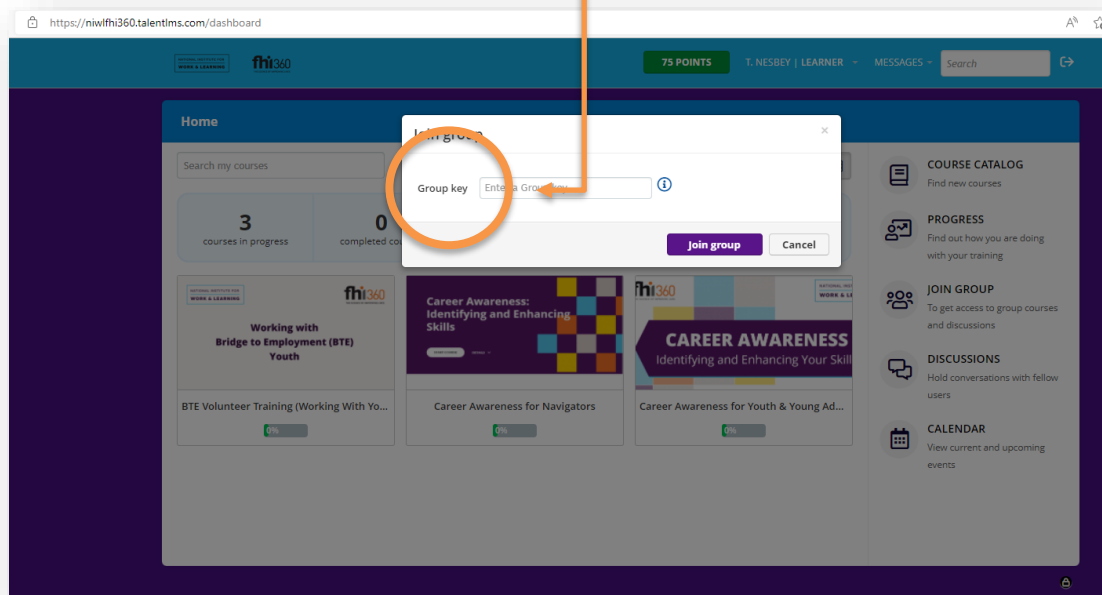


## Accessing Your Course: Join Your Group

1. Navigate to: <https://niwlfhi360.talentlms.com/>
2. Log in using your credentials (i.e., username/email address and password you created when setting up the account).
3. Once logged in, the right panel will have a list of options. Select “Join Group” (see below).



4. This will launch a pop-up (see below). Enter the following group key: **UnderstandingMe**



5. Once you've joined the group, simply click on your Understanding Me course from your homepage dashboard.



## NAVIGATING YOUR COURSE

### Your Course Homepage

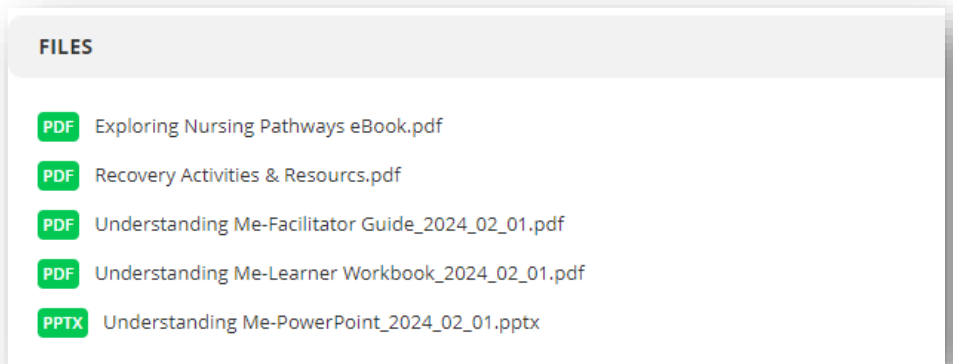
Once you access your course from your dashboard, you will be brought to your course homepage, which outlines all the course content and resources available to you as a Navigator and session facilitator. The following is a preview of your course homepage.

The screenshot shows a course homepage with a blue header containing the breadcrumb 'Home / Understanding Me: Purpose & Psychology: Navigator Learning Series'. On the left, there is a circular diagram of a human head with labels: 'EMOTIONS' at the top, 'BRAIN' in the center, 'SENSORY SYSTEM' on the left, 'COGNITION' on the right, 'PURPOSE' at the bottom left, 'PSYCHOLOGY' at the bottom right, and 'BODY' at the very bottom. Below the diagram is a purple button labeled 'Resume course'. To the right of the diagram, the course title 'Understanding Me: Purpose & Psychology: Navigator Learning Series' is displayed with a 5-star rating and a green progress bar at 38%. Below the title, a paragraph describes the course's development by FHI 360's National Institute for Work and Learning in partnership with Johnson & Johnson and the Revitalize Project. Another paragraph states the goal of the learning series and lists three bullet points: having a safe space to learn, transitioning into postsecondary opportunities, and becoming an advocate. Below this is a 'CONTENT' section with a list of resources: 'Understanding Me: Facilitator Guide' (checked), 'Understanding Me: Facilitated Session PowerPoint Presentation', 'Understanding Me: Learner Workbook', 'Module 1: Purpose & Psychology Introduction', 'Module 2: Nervous System & Sensory System', 'Body Scan', and 'Module 3: Interoception: Sleep & Recovery'.

1. Before clicking “Start Course”, you should review and download all of the resources available to you as a session facilitator. This includes the Understanding Me Facilitator Guide, Facilitated Session

PowerPoint Presentation, Learner Workbook, and additional optional resources.

- To download files, simply click on the files from the File Menu on your course homepage, seen in the screenshot below:



2. From the Content Menu, begin by clicking on and reviewing the first content file, the “Understanding Me Facilitator Guide”. This guide will be your go-to resource when implementing the real-time facilitated sessions. Simply follow the steps outlined in the guide as you conduct each of the real-time facilitated sessions.
  - Become familiar with how to use the guide, as well as any pre-work needed before sessions.
  - Once you’ve had a chance to review the guide, click on “Complete and continue”.
    - Notice that you are unable to access the remaining course content until you open and complete the files in the order in which they appear within your course homepage.
3. Once you’ve completed your review of the Facilitator Guide, you will be brought to the Facilitated Session PowerPoint Presentation. In conjunction with the Facilitator Guide, you will use this presentation to facilitate each of the real-time facilitated sessions.
  - Review the PowerPoint presentation, which include notes for your reference; click on “Complete and continue” when finished.
4. Each participant will be provided a digital copy of the “Understanding Me: Learner Workbook”; they can access this workbook through their course homepage. As part of your pre-work before the first real-time session, it is recommended that you print enough copies of the learner workbook for each participant enrolled.

- Now that you've reviewed all of the accompanying course resources, your content screen should have each of the aforementioned resources checked off as complete. Your screen should look like this:

Home / Understanding Me: Purpose & Psychology: Navigator Learning Series

## Understanding Me: Purpose & Psychology: Navigator Learning Series

★★★★★ 50%

This learning series was developed by FHI 360's National Institute for Work and Learning in partnership with Johnson & Johnson and the Revitalize Project to provide young people with foundational knowledge of the biology behind psychology and how it connects to purpose and behaviors.

The goal of this learning series is to introduce young people to the biology behind psychology and how to apply relevant tools, enhance self-awareness, promote physical and mental wellness, and promote social and emotional intelligence so that they can:

- Have a safe space to learn and apply topics related to psychology and mental health.
- Transition into postsecondary educational opportunities or employment with a basic understanding of psychology, human behavior and tools to enhance wellbeing, and
- Become an advocate and leader within their own community on psychology topics that resonate personally to them, while having an educated foundation.

### CONTENT

- ✓ Understanding Me: Facilitator Guide
- ✓ Understanding Me: Facilitated Session PowerPoint Presentation
- ✓ Understanding Me: Learner Workbook
- 📁 Module 1: Purpose & Psychology Introduction
- 📁 Module 2: Nervous System & Sensory System
- 📁 Body Scan

- You are now ready to begin your first of four eModules for this course- Purpose & Psychology Introduction.
  - On the lefthand side of your screen, click “Resume course”.
- Complete the Purpose & Psychology Introduction eModule before you facilitate the first facilitated session.
- Complete the Nervous System & Sensory System, Interoception: Sleep & Recovery, and Interoception: Physical Activity & Nutrition eModules before implementing the second facilitated session.
- Have fun!