

NAVIGATION SUMMARY

- To proceed ahead - click the Forward Arrow in the right margin
- To go back - click the Back Arrow in the left margin
- To access the Course Menu - click the Menu Icon at the bottom of the left margin
- If the Forward Arrow does not appear, it will be because an animation is running or there is a task for you to complete before it will appear

DETAILED NAVIGATION INSTRUCTIONS

- When you launch the course you will be required to review the Introduction. To proceed through the screens of this introduction you will need to click the **Forward Arrow** in the right hand margin in the course window.
- When you get past the introduction, you will be presented with a **Course Menu** from where you will be able to select the **Sections** that you wish to review. It is recommended that in your first session you review the sections in the order that they are presented.
- When you select a **Section**, you will be presented with a **Section Menu**, and once again it is recommended that you review the pages in the order presented, with the exception of the third section - where the scenarios can be done in any order or even skipped if they are not relevant to you.
- When you get into a page, the way to proceed is by clicking on the **Forward Arrow** in the right-hand margin. If this Arrow does not appear, it will be because there is a task for you on the screen, such as answering a question, and when you complete that the **Forward Arrow** will appear. When you get to the end of the page, you will see a button in the bottom right-hand corner that takes you back to the section menu. If at any point, you wish to go back to read something that was on the previous screen, you can click on the **Back Arrow** in the left-hand margin of the course window.
- Some of the pages in the course feature animated sequences and will play by themselves. In these pages the **Forward Arrow** will appear with a delay. You can either let the animation proceed at the predetermined pace or click the forward arrow, when it appears, to speed it up. Such pages will also feature a progress bar along the bottom. You can pause/restart the animation by clicking on the playing head, and go back through the scenes by clicking on the jump points on this bar.
- At any point in this course you can click on the button at the bottom left corner of the course window to go to the **Course Menu**.