Here are a few options for transferring files between your local machine and a remote machine you are logged in to.

1. sftp

The sftp program allows you to log in to a remote machine, just like you do with ssh, and transfer files back and forth. Google for a tutorial on sftp to learn how to use it. Below is a link to one such tutorial.

https://www.digitalocean.com/community/tutorials/how-to-use-sftp-to-securely-transfer-files-with-a-remote-server

2. **scp**

The scp command is very similar to sftp but may be even simpler to run from a command line. Here is one tutorial that shows you how to use scp.

https://www.garron.me/en/articles/scp.html

3. mailx

You can use the mailx command to email a file to yourself from the command line. Type "man mailx" to learn how to use the command. Here is an example.

mailx -s "subject goes here" -a attachment_filename "recipient@address.com"

After that, mailx will wait for you to type the text of the message into the terminal. When you are done, hit ctrl-d and enter.

4. pine

pine is a terminal-based email program. You can use it to send and receive emails. It is pretty self-explanatory. Type pine into the terminal and start exploring or google for a tutorial.

5. If you are using Windows and did not particularly like any of the options above, here is more information on how to transfer files with PuTTY or WinSCP.

https://kb.iu.edu/d/akjs

There are many options and the ones listed above are only a few. If you are having trouble, post to the class forum where many people will be able to see and hopefully answer your question.