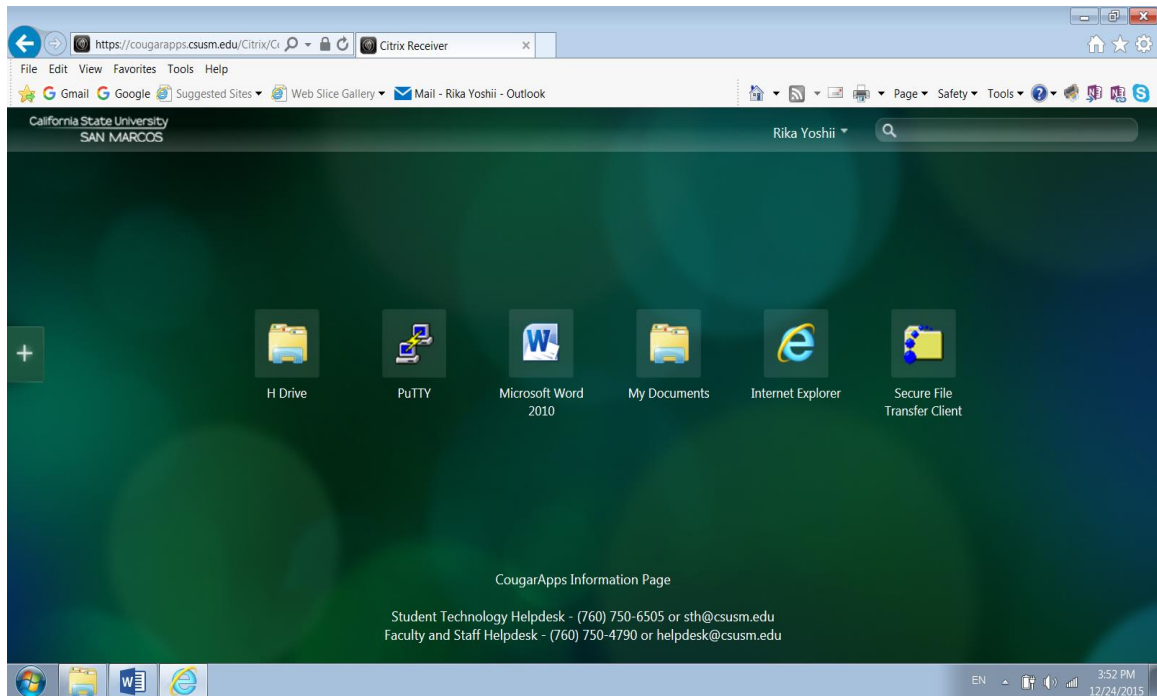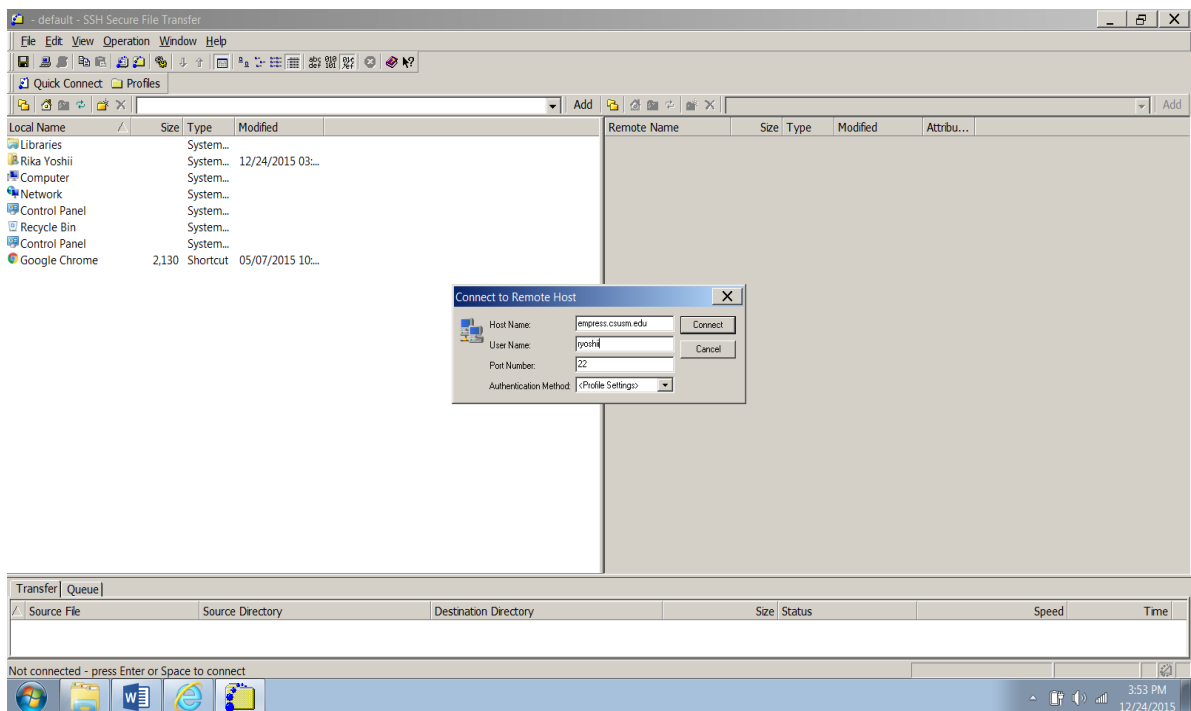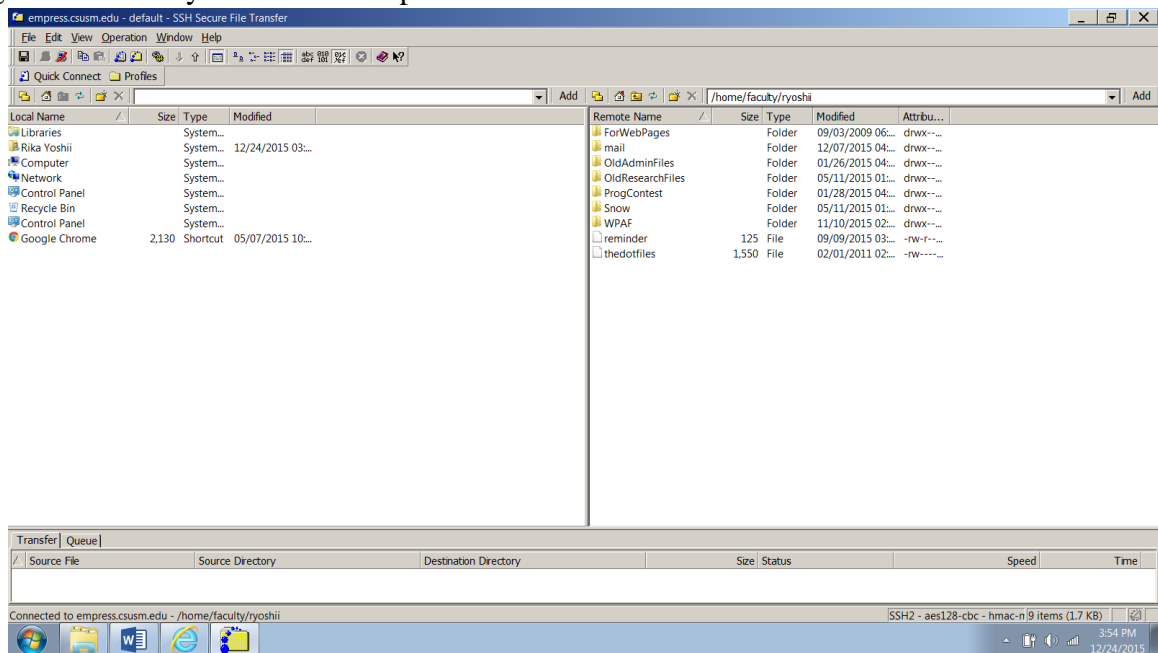# How to Transfer Files to and from Empress

In cougarApps, I had already clicked on + and chosen the displayed items because they are needed for the class.

I clicked on Secure File Transfer Client. And I chose Connet from the File menu. The host name is empress.csusm.edu. The port is 22.

The right side shows your files on Empress.

On the left side, click on Computer, and you will see a list of disks including your home computer.

You can now drag files and folder from/to left from/to right.

When done, choose Exit from the File menu.