

# Courses Menu - Standalone (Authoring and Delivery) - AbsorbCreate

Updated 2 years ago



This article contains instructions and details about **Absorb Create Authoring** and **Delivery**.

In this lesson, we will cover the entire Courses menu and its various functionalities

## Top Bar

The top bar has 4 or 5 parameters based on your paid plan. On the left we have: Courses, Reviews, Media Library, Hosting and Create



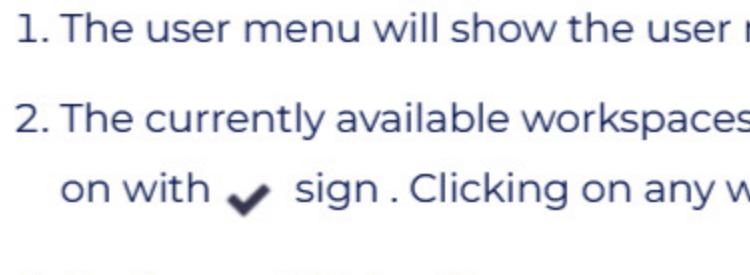
- '**Courses**' will bring you back to the courses menu
- '**Reviews**' will bring you to the list of courses to which you are assigned as a reviewer. Please refer to the [Reviewer Feature](#) for more details.
- '**Media Library**' will open the media library
- '**Hosting**' - *Available only within hosting/delivery plans* - where you manage your Learners and learning portal
- '**Create**' Will open a popup to select your starting point for your course creation:
  - Theme templates: choose a template for your course from our templated themes
  - Custom Themes: choose your previously saved course template to start your course
  - Choose to start your course creation with one of the following options :
    - Blank Course: with our default template course
    - Screen recording: start by recording a video, editing it then using it as a video course
    - Upload Video: Start by uploading a video, editing it and using it as a video course

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On the right we have: Help and User menu

### Help :

- The help icon will open a menu where you can get access to documentation, information on keyboard shortcuts and a Live Chat option.



### User Menu:

