# How to Navigate This Site

## STEP 1.

Bookmark https://mindshift.myabsorb.com/#/login so you can access the modules quickly.
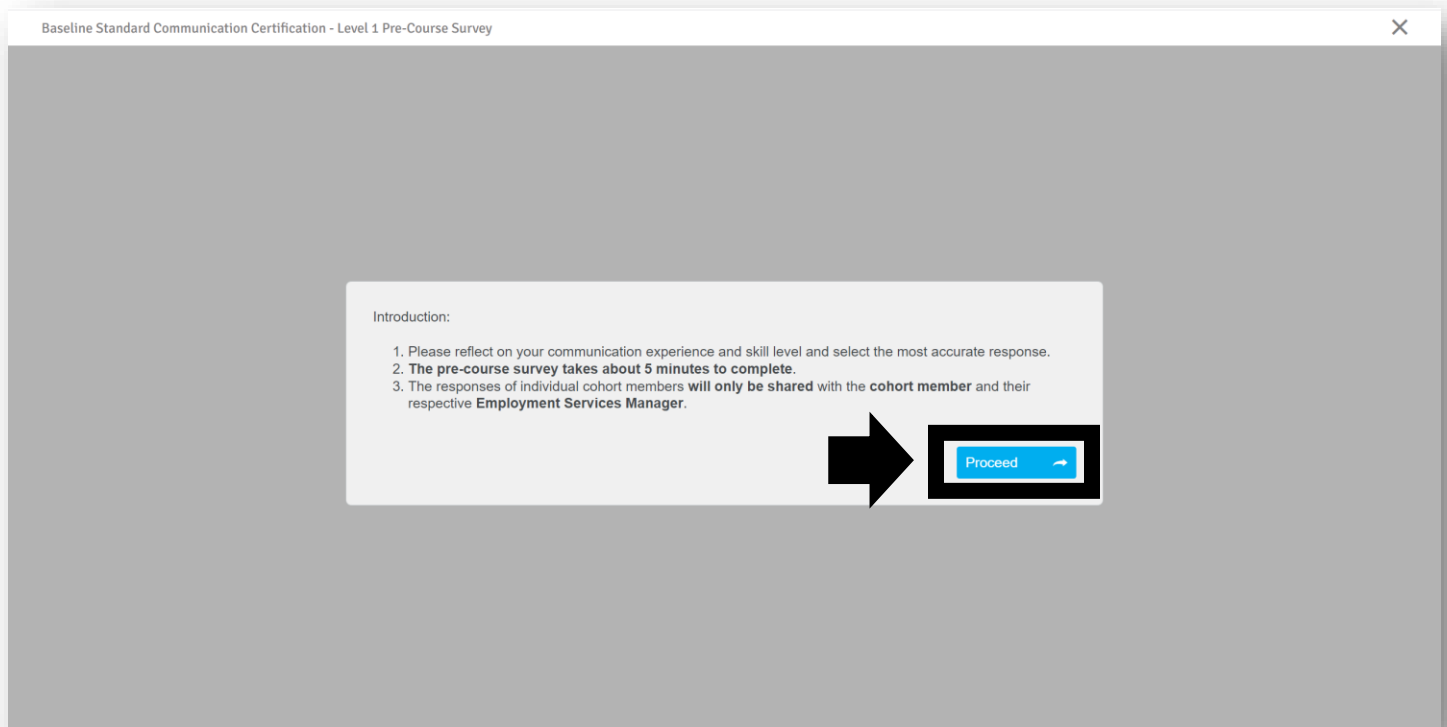
## STEP 2.

To begin a module, click on the "START" button on the right-hand side of the first lesson heading (e.g., in the screenshot below).
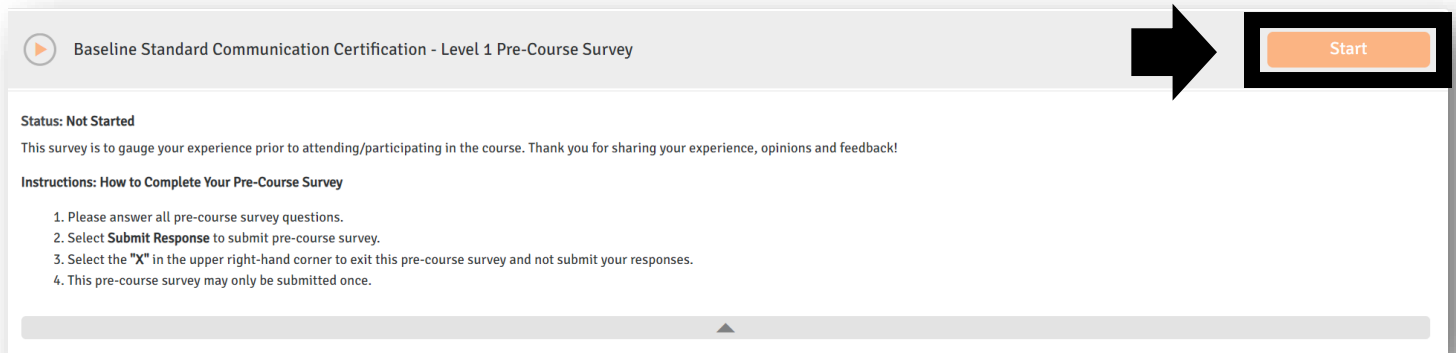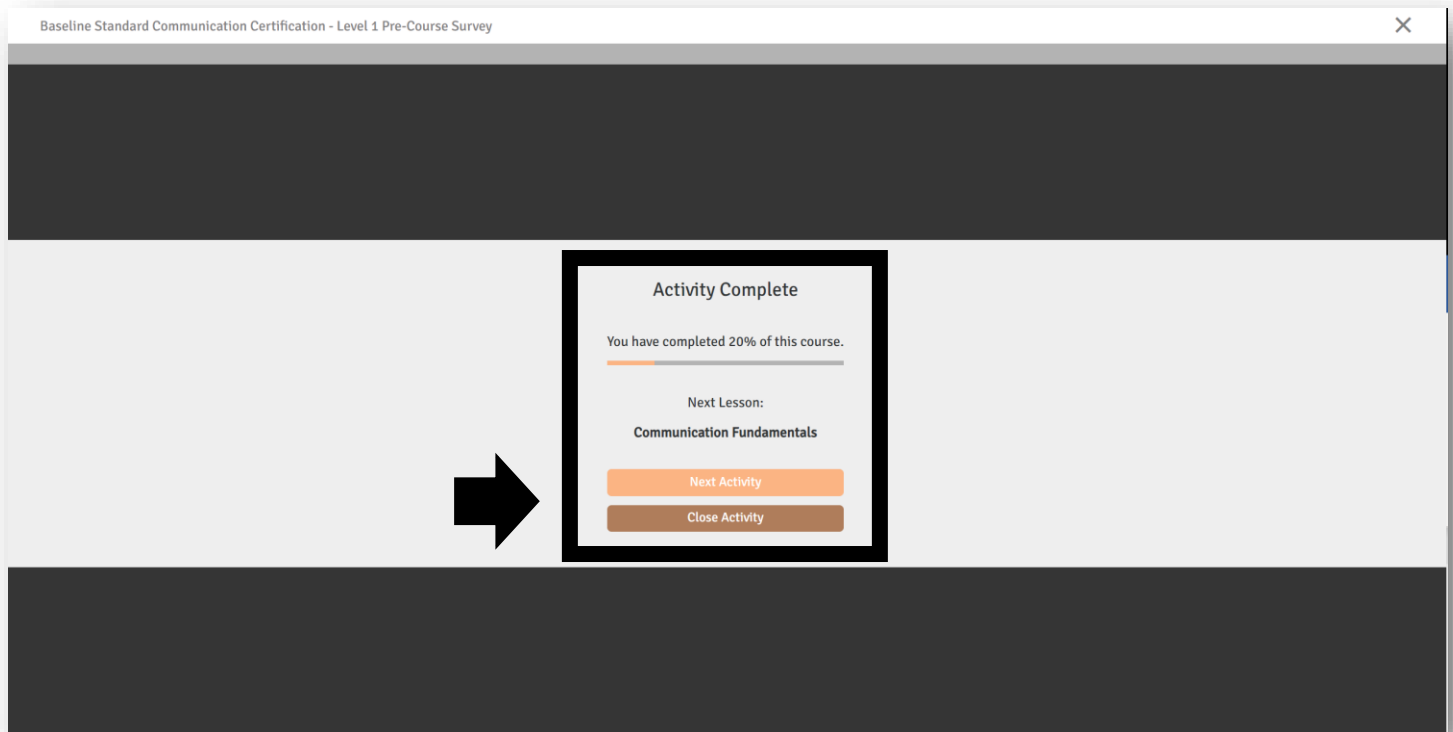


## STEP 3.

The lesson will open for you to complete.

## STEP 4.

When you finish a lesson, you can choose to either continue to Next Activity or Close Activity to return to your course dashboard.



## STEP 5.

When lesson is completed, you will see a green "COMPLETE" button on the right-hand side of the lesson heading (e.g., in the screenshot below). You are now ready to move on to the next lesson.