Download and install Filezilla

Log in to Box

Click user icon in top right and select Account settings

Scroll to authentication and click change password to set an external password.  
This will be a password ONLY for external programs. It is different from your Pitt password. That will all stay the same.

Save changes

Open Filezilla

Set the host, username, password, and port at the top as follows:

1. Host: [ftp.box.com](ftp://ftp.box.com)
2. Username: your Pitt email address
3. Password: the external Box password you just set
4. Port: 990

Click Quickconnect

Your local computer directory will be on the left half and your Box directory is on the right

Drag and drop files in either direction to download and upload.

Status is on the bottom