Welcome to Psychology 60: Stress Management at LAVC!

Please read the information below for important information you will need prior to logging in online to the Etudes class system.

**FAQs and Helpful Tips**

**Do we have any class meetings on campus?** There are no in-person class meetings. The class is 100% online. While there are no class meetings, you will still need to virtually come to class several times a week (frequent login is necessary for passing the class).

**What textbook do I need?** The required textbook should be purchased as a new book only (do not buy this book used as it contains perforated worksheets). The textbook is: *Coping with Stress in a Changing World* by Richard Blonna, 4th Edition. (No other editions should be used.)

This textbook may be purchased from the LAVC Bookstore in-person or the LAVC Bookstore online (shipped to your address). The website for the LAVC bookstore online purchasing is [http://www.lavcbookstore.com/](http://www.lavcbookstore.com/); pick the term and click “go”, then select the department, course number, and your section.

Note about the textbook: The textbook will be used often in this class. Quizzes are based heavily on the textbook readings and the material discussed and presented online. *It is your responsibility to purchase your textbook in time for the start of this class.*

**How do I set up my computer prior to the start of class?** LAVC uses an online software program called “Etudes”. Even if you have taken an Etudes class before, you will want to make certain you are using only the required browsers and the correct browser version. Failure to set up your computer properly may result in problems and impede your success in this class. The Etudes class software currently requires using either Firefox version 3.5 or Internet Explorer version 8. Below are the steps to ensure you have your computer set up properly for class:

**Step 1:** To learn how to set up your computer browser, please visit the [Etudes system requirements link](http://www.lavc.edu/virtualvalley/index.htm).

**Step 2:** Go the LAVC Virtual Valley website at [http://www.lavc.edu/virtualvalley/index.htm](http://www.lavc.edu/virtualvalley/index.htm) 1) click on the “technical information” link on the left and scroll down the page to add the plug-ins according to the instructions. 2) click on the link to take the “online learning success tutorial”, 3) click on the link and read the FAQ’s, 4) click on the “student resources” link, and then click on the “are you ready for online learning” link to take the student skills quiz. Surf around this site to learn more about online learning at LAVC.
Can I use a Mac? Yes, however, you need to use only the recommended browsers/versions or you will experience problems. See above.

Do I need an email address? YES! In order to receive important class information, reminders, and due dates, you need to have your most up-to-date email address listed with our LAVC Admissions and Records office. To check what email address you have listed on the system, go to the online student registration system here. If you do not have an email address you can get one for free from websites such as Yahoo or Google.

Once you login to Etudes you can also change or verify your email address again in the “my workspace” area.

Where do I login to come to class? The Virtual Valley website has instructions on how to login to the Etudes class system at: http://www.lavc.edu/virtualvalley/loggingonline.htm

It’s also best to bookmark the Etudes site at https://myetudes.org

Note: Your Etudes login information is different from your LAVC user name and password so be careful to follow the login instructions carefully on the LAVC Virtual Valley site.

Once you login, you will see a tab for “my workspace” where you can enter or verify your email address. The Psy 060 class tab will appear approximately one day before the first day of classes.

What if I cannot login or I have technical issues? Visit the Virtual Valley “Help Desk” page at http://www.lavc.edu/virtualvalley/helpdesk.htm where you can call, email, or walk in to get help. If you are unable to login, email me immediately at tromblcm@lavc.edu

Note: The expectations of students who take an online class is that you know how to use a computer, the internet, and word processing programs well. Technical problems will not be accepted as an excuse for missed deadlines or any other issues. It is always best to have a backup plan (i.e. a computer at a friend/family’s house, a Fedex Office store location (usually open 24 hours), Internet café, public library, the college, etc.).

What are some of the requirements for this course? This class includes interactive weekly online discussions, 4-6 assignments, four quizzes, and a final exam. The syllabus will be available once the class site opens.

See you online in the Spring!