# Manual to LäraNära Online

<mark>lära</mark> nära

Go to http://online.laranara.se This is what it should look like:

lära	Email / Username	
nära	Password	
	No password?	
	Log in	
	Manual	
	English (PDF ~175kB)	

#### Log in or request a new password

Enter your e-mail address and password to log in. You may have received a password already. If not, enter your mail address and click "No password?".

_		
	Log in	:=
lära	Email / Username	
närg	Password No password?	
	Are you a perform user or have you forgotten your password? Enter your email address and click the button below.	
	Send password	
	Log in	

Then click "Send password". A mail will be sent to you with further instructions to follow. If you would like to change your email address, or if your address is unknown, you will need to contact the course administrator.

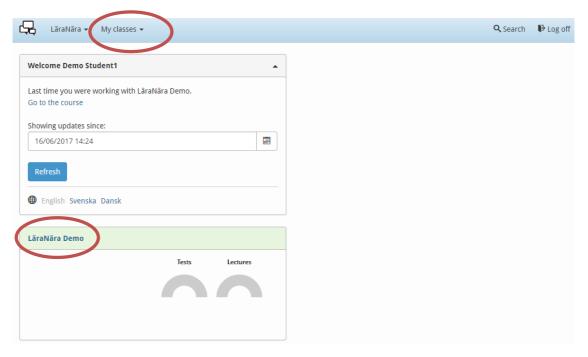
### Verify your email address

The first time you log in to LäraNära you must verify your email address. To do this you click on the button "Send verification email". Then check your mailbox. You should now have a new message from LäraNära. Click the link in the mail.

#### Start

After you have verified your email you can reach the start page of LäraNära. Here you find messages from LäraNära or your teachers. You also have a box for each of your classes with name and an overview of your progress in the course.

To continue, chose a class at menu "My classes" or click on the class name at the class box below.



## The class start

At the class start view you have a menu at the left where you can choose **Information** about the course and **Themes** where you find the course content.

In the bigger area to the right you can find information about the course content, your progress, latest messages, coming events on the timetable and notifications about changes in the course content and like since your last login.

	LäraNära 👻 My classes 👻		<b>Q</b> Search <b>P</b> Log off
	LäraNära Demo	Information	
	Information	About the course	My progress
Information	embers My progress Timetable Course log Discussion board Send email Files	<b>Start date - End date</b> 15 Apr 2011 - 15 Aug 2022	Tests Lectures
	Allmänt	Messages	Timetable (all)
	Vårdutbildning	16/06/2017 Välkommen till all ny lärdom	20/06/2017 11:00-13:00 Samling inför terminsstart 23/06/2017 11:00-12:00 Utvårdering av veckan
Theme	ymnasie-nivå		
	Fysik		
	Slöjd Sport/Idrott		
	Logged in as Demo Student1		

## Navigation

The course organized in one or more themes. They are the blue headers.

Each theme contains one or more course units. That is the course material and where you make your assignments.

Each course unit is split into sub headers that you can click on.

	LäraNära - Mina kurser - A	Admin → Root → III Resultat 🔍 Sök 🕞 Logga ut
	LäraNära Demo	The Nuclear Mass and B
	Information	Introduktion Föreläsningar Länkar Uppgifter Utvärdering
	Basgrupp: basgrupp 1	Av
	Basgrupp: basgrupp 2	Heikki Tölli
	Allmänt	Introduktion
	Vårdutbildning	This course part handle the nuclear properties and in this lecture we focus on the nuclear binding energy and the nuclear mass. Fortunately, both are rather simple to
	Gymnasie-nivå	calculate using the Einstein's relation between the particle mass and the energy.
	Fysik	
	O The Nuclear Mass and Binding Energy	
Course unit	Slöjd	Ĵ
	Sport/Idrott	

#### Lectures

The lectures are either still images with sound or a film sequence. Use the control to switch between screens. You can also make quick jumps between different parts of the presentation, pause and repeat the sound.

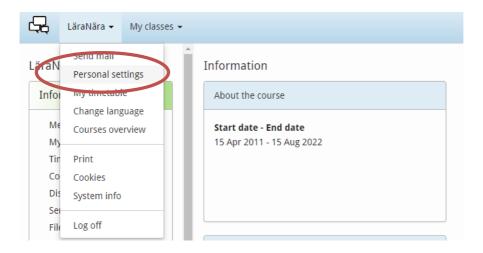
There are also some key board commands:

- Right or left arrow takes you forward or backward in the lecture
- Space stop/start the audio or video
- Esc for closing the lecture



### **Personal settings**

At "Personal settings" you enter personal data, upload your photo and change password.



## My progress

All your submitted responses and course leader's comments are saved in "My progress". There you can see which units of the course have been approved and what remains to be completed.

You can also click on a test to submit your answer.

🛓 LäraNära 👻 My classes	•		🔍 Search 🛛 🗜 Lo
iraNära Demo	My progress		
Information		rmed 🏓 Submitted 🏓 Received by teacher 🚦 n be improved 🗹 Approved ① Complement r	
Members			
My progress Timetable Course log Discussion board	Allmänt	Om LäraNära Evaluation missing	Flervalsfrågor Uppgifter före sammankomst
	Vårdutbildning	Videnskabsteori humanvidenskab Evaluation missing	
Send email Files		1. Vad innebär hälsa? - HÄLHÄLO AF Evaluation missing	Kursmoment 1 - Vad innebär hälsa?
Allmänt		Akupunkturbehandling vid smärta Evaluation missing	
Vårdutbildning	Gymnasie-nivå	Kommunikation Evaluation missing	Slutbetyg Teknisk rapport
Gymnasie-nivå Fysik	Fysik	The Nuclear Mass and Binding Energy Evaluation missing	Multiple choice questions
Slöjd		Quantities and Units Evaluation missing	Multiple choice questions
Sport/Idrott	Slöjd	Introduktion till knopar Evaluation missing	