

## EMMA Study Tips Sheet

This document has some tips and tricks to remember while going through the training and using the app.

If you're encountering difficulties, don't hesitate to call the lab at **509-335-4033**

### Training

- This is the website for the training and the app  
<https://emma-back.mse.psych.wsu.edu/>
- You can do the training from a desktop computer or from the iPad
- Remember to complete:
  - Lessons 1 and Lesson 2 in Week 1
  - Lesson 3 in Week 2
  - Lesson 4 in Week 3
  - Lessons 5 and Lesson 6 in Week 4

### Freezing

- If a page seems to freeze, the best way to deal with it is to refresh your web browser. If you're on a skills quiz this will start the quiz over. The refresh button may look like a circle with an arrow and is usually right next to the web address ([emma-back.wsu.edu](https://emma-back.mse.psych.wsu.edu/)).



- If pages seem to freeze a lot it is an indication that the Wi-Fi connection is not good. Double check you are connected to Wi-Fi or consider completing the lesson from a café or library with Wi-Fi.

### Skills Quizzes

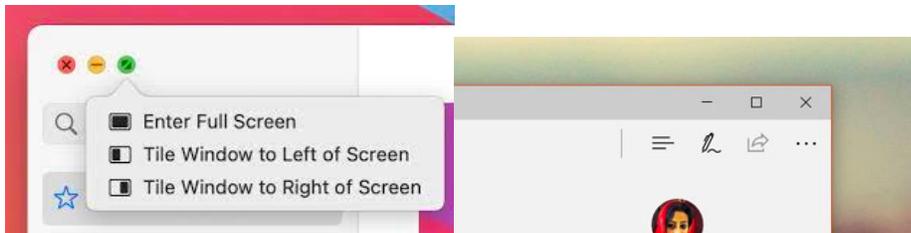
- Sometimes people get stuck on skills quizzes because they forget this important phrase, "If you type text, hit next"! Every time you type in a text box during a quiz, you will have to hit the next button in the lower right corner to move on to the next step.



- When finished typing, click the Next button
- Don't rush through skills quizzes, this is how people end up with frozen screens!

## Videos

- If it seems like you are missing a button or you can't see everything written on the screen, your web browser may not be in full-screen. Here's how to check.



- How to Pause, speed up, fast forward the videos.
  - The Settings gear icon will allow you to change the speed of the videos. 1.5 is probably the fastest that is still reasonable to understand.
  - The double arrows pointing outward are to make the video full screen.
  - Pause/Play by selecting the sideways triangle or by selecting anywhere in the screen of the video.

