



Student Guide



Open the email from ANCHOR for Life.
It should look similar to example. **A**

Click “here” to navigate to the login page.

Use the credentials in your email to log in.

Once you’ve logged in, you’ll see your
personal dashboard. **B**

To start the course, click on Pre-Questionnaire. Once
completed, press “click here to continue” then navigate back
to your dashboard. Now you’re ready for the lessons. Click
“An Anchor for the Storms of Life” and use the navigation
within the course to move through the lessons. **C**

A Your account is created on ANCHOR
for Life

Hello Student,

Your account is created on our website, please find login details given below:

Email:

Password: xi2if9AQ

Click [here](#) to login & start learning.

Thank you

B Profile



Student

3 Modules 0 Completed 0 Certificates

Your Modules

Collapse All

Pre-Questionnaire

0% COMPLETE 0/1 Steps

An Anchor for the Storms of Life

0% COMPLETE 0/9 Steps

C

Module Content

Expand All

Lesson 1: How to Suffer Well
1 Quiz

Expand

Lesson 2: Resiliency
1 Quiz

Expand

Lesson 3: Life Has Meaning
1 Quiz

Expand

Lesson 4: Storm Story
1 Quiz

Expand

Lesson 5: ANCHOR Overview
1 Quiz

Expand

Each lesson is comprised of a video and a quiz.

You must complete the lessons in order and cannot move on to the next lesson until everything in the previous lesson has been completed. **D**

When you've finished the entire course and submitted your Post-Questionnaire, you'll be given the opportunity to print a certificate of completion. **E**

After you've downloaded or printed your certificate, you're all finished! **F**

Thank you for completing "An Anchor for the Storms of Life." Remember, if you or someone you know is exhibiting signs of suicide, the U.S. National Suicide Prevention Lifeline offers 24/7 support, information, and local resources at 1.800.273.8255.

