



Enrollment Steps For Guaranteed 4.0: ONLINE Course

- 1) go to <http://nomorestudy.remote-learner.net>
Create a new login by using the "Login" link on the upper right corner
- 2) A confirmation email will be sent to you
No sign of the confirmation email after 10 minutes?
 - Please double check your spam / junk mail folder
 - After 24 hours, you can access the course with the username and password you selected without a confirmation email
 - If the problem persists, please contact office@guaranteed4.com
- 3) Return to <http://nomorestudy.remote-learner.net> □ Log in with your username and password
- 4) Select course title: **Guaranteed 4.0: NSBE Edition**
Screen will read "This course requires an 'enrolment key' - a one-time password that you should have received from teacher." Input **OnPlan2012A4me** and click "enroll me in this course"
- 5) Read "How to Navigate This Course"
- 6) Download & PRINT the Workbook to use during the course.
PDF file, 22 pages
- 7) Click on Chapter 1: Introductory Video
Fill out the workbook as the video plays • When the video is finished, return to the main menu
- 8) Select "Chapter 2: Stress Management video"
Fill out the workbook as the video plays
When the video is finished, return to the main menu
Click on "Chapter 2 Quiz" to take the quiz
- 9) Continue for ALL remaining chapters
Take final exam
You can start-and-stop at the end of any chapter.
- 10) Deadline to finish this seminar
2 weeks after your first successful log-in
Total time: 2.5 hours