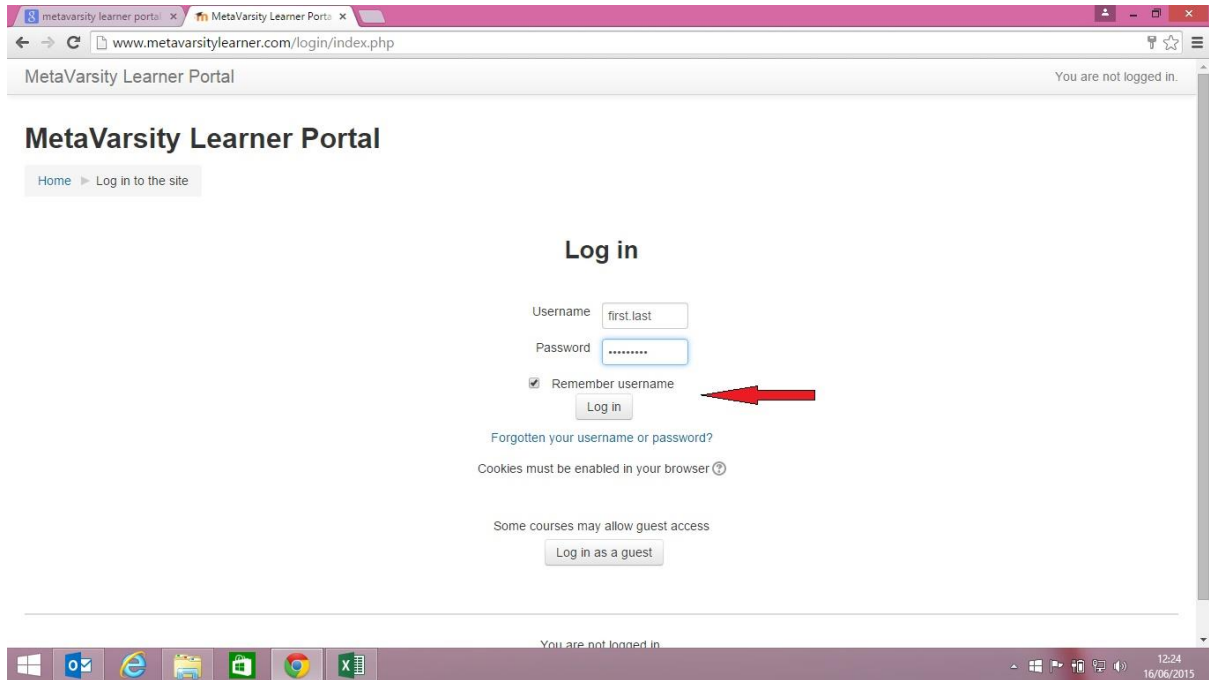
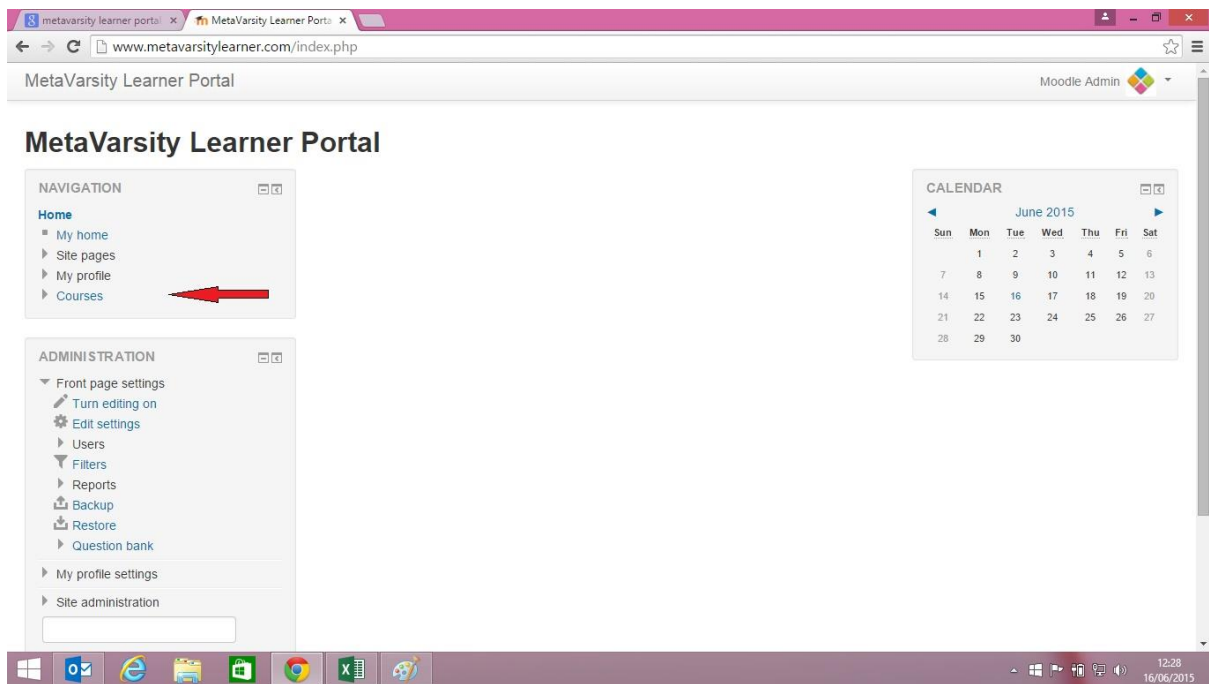


## 7. How to access your Day packs

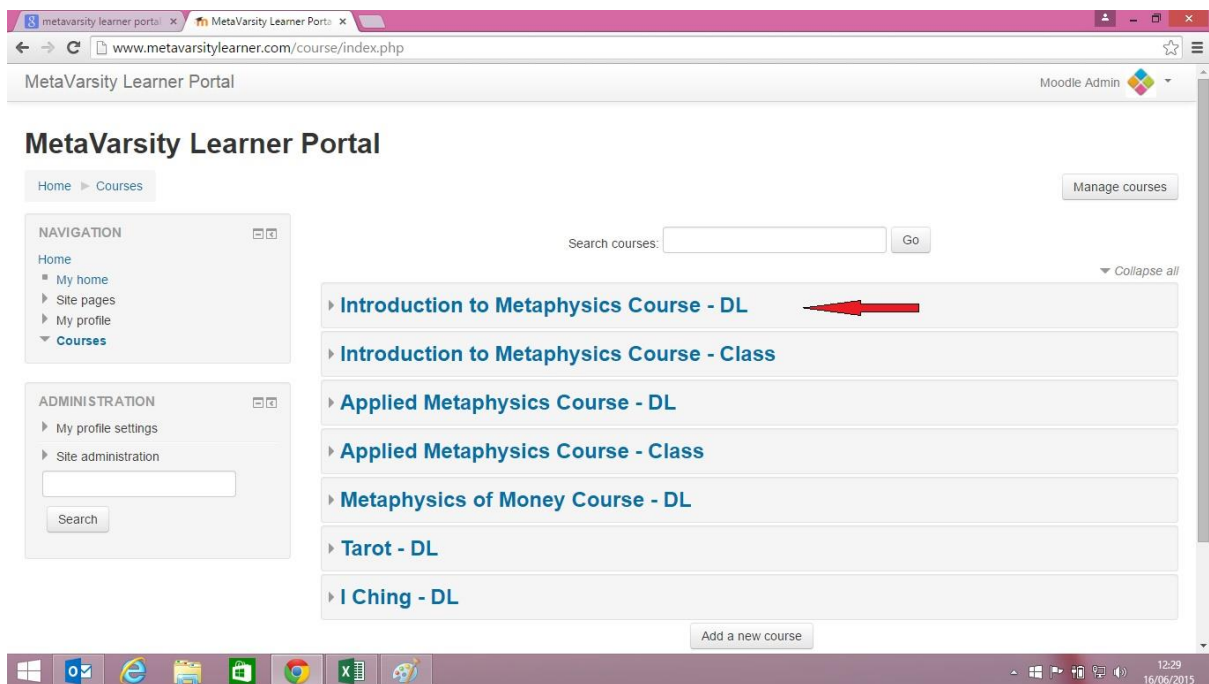
### 7.1 – Log in



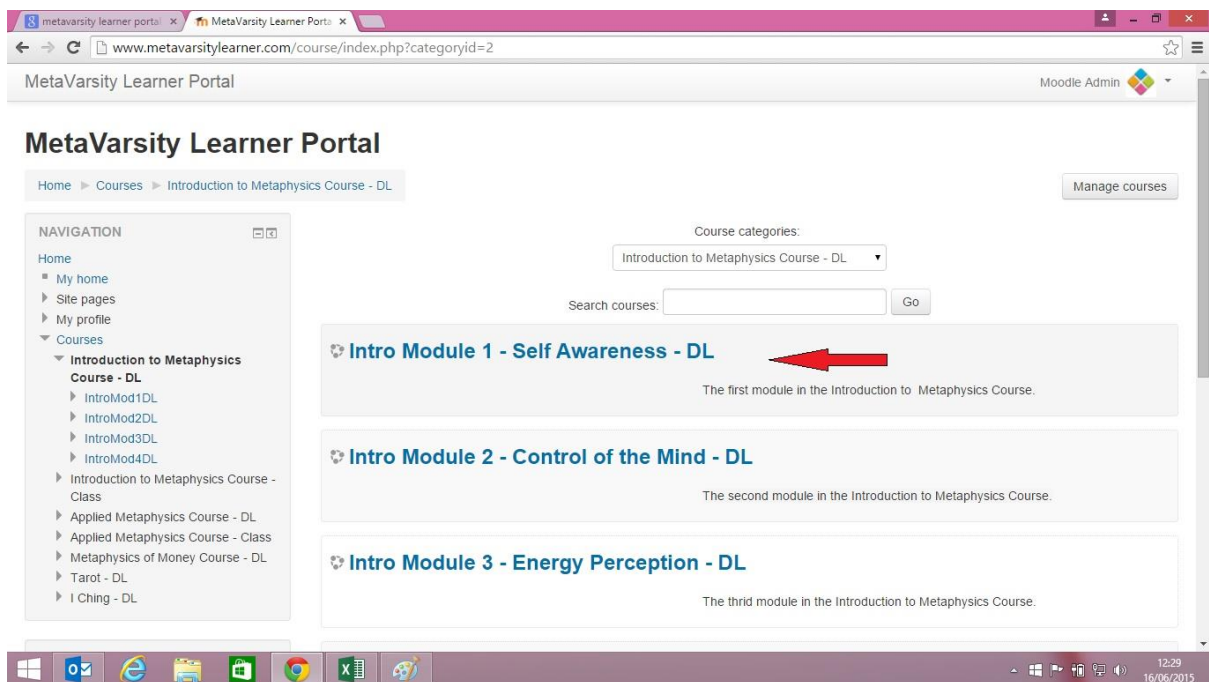
### 7.2 - Under navigation, Click on Courses



### 7.3 - Select the course you are currently doing, for eg. Introduction to Metaphysics...



### 7.4 - Select the module you are currently doing, for e.g. Intro Module 1 - Self Awareness..



## 7.5 - Select the day pack you working by clicking on the Day Pack e.g. Day Pack 1

The screenshot shows a Moodle course page for 'Intro Module 1 - Self Awareness - DL'. The breadcrumb trail is 'Home > Courses > Introduction to Metaphysics Course - DL > IntroMod1DL'. The 'Module Materials' section contains a list of items: 'Workbook Chapters 1 - 4', 'Audio Tracks - CD1 Tracks 2 - 10', and 'Exercises 2 - 6'. A red arrow points to the 'Day Pack 1' link. The left navigation menu shows 'IntroMod1DL' expanded with 'Day Pack 1' selected. The right sidebar contains search, news, and activity widgets.

## 7.6 - Click again on the Day Pack with the icon of the hand next to it

The screenshot shows the same Moodle course page, but now the 'Day Pack 1' section is selected. The breadcrumb trail is 'Home > Courses > Introduction to Metaphysics Course - DL > IntroMod1DL > Day Pack 1'. The 'Day Pack 1' section contains 'Development exercises. Ex 2 - 6.' and a red arrow points to a hand icon next to the 'Day Pack 1' link. The left navigation menu shows 'Day Pack 1' expanded with 'Day Pack 1' selected. The right sidebar contains search, news, and activity widgets.

7.7 - Click on the word document with the name of the day pack to be downloaded e.g. Intro Course Assmt Pack Day 1 (Ex 2-6) V3.doc

MetaVarsity Learner Portal

## Intro Module 1 - Self Awareness - DL

Home > Courses > Introduction to Metaphysics Course - DL > IntroMod1DL > Day Pack 1 > Day Pack 1


**NAVIGATION**

- Home
  - My home
  - Site pages
  - My profile
- Current course
  - IntroMod1DL
    - Participants
    - Badges
    - General
    - Module Materials
    - Day Pack 1
      - Day Pack 1**
      - Module Introduction
      - Chapter 1 - Metaphysics
      - Chapter 2 - Unity of Humanity
      - Chapter 3 - Brief Overview of Major Religions
      - Chapter 4 - Definitions
      - Day Pack 2
      - Day Pack 3

### Day Pack 1

Development exercises.  
Ex 2 - 6.

Please complete **all** exercises in the document before uploading.

 Intro Course Assmt Pack Day 1 (Ex 2-6) V3.doc

### Grading summary

Participants	44
Drafts	1
Submitted	9
Needs grading	0

[View/grade all submissions](#)

7.8 - Once it is open, right click and save as, onto your desktop or in a folder

Intro Course Assmt Pack Day 1 (Ex 2-6) V3 (3) [Compatibility Mode] - Word

FILE HOME INSERT DESIGN PAGE LAYOUT REFERENCES MAILINGS REVIEW VIEW

Assessment Pack for the  
**Introduction to  
Metaphysics  
Course**

MODULE 1: SELF AWARENESS

DAY 1 - EXERCISES 2-6

PAGE 1 OF 10 860 WORDS