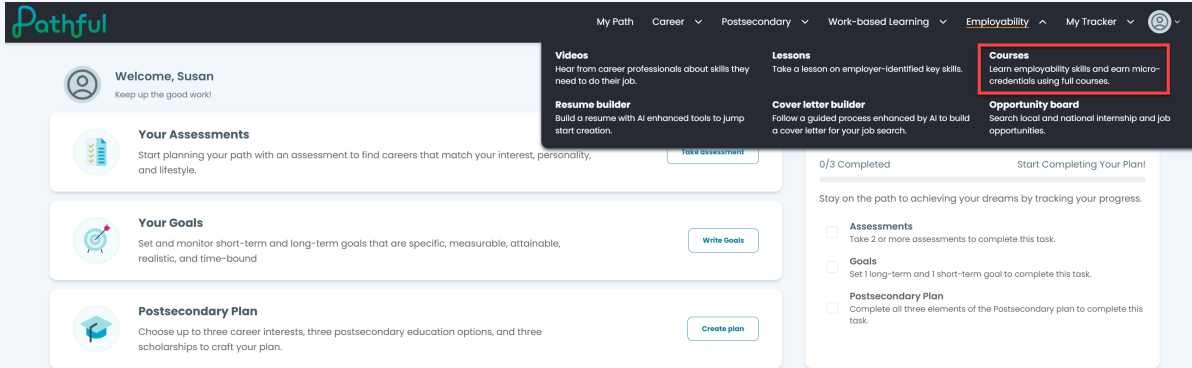# Start a Course

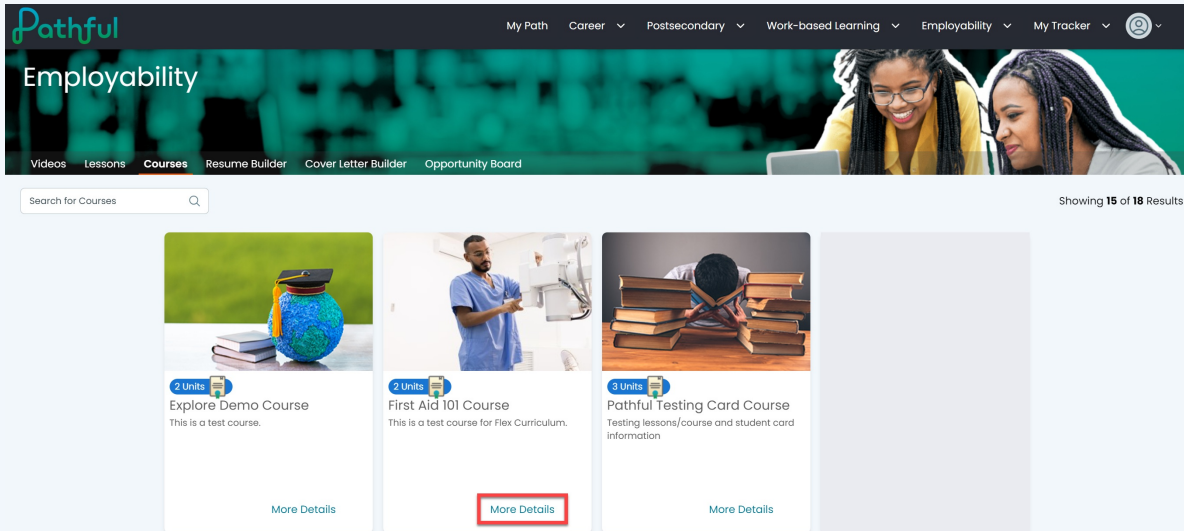Last Modified on 10/23/2024 10:46 am EDT

Courses are made up of units, which are made up of lessons. Example:  Lessons -> Units -> Course

You can self-assign a course at the unit level or lesson level.

1. From the **Employability** drop-down menu, select **Courses**.



2. Select **More Details** on the card for the desired Course.



3. Select **Details** to learn more about a unit within the Course.
4. Select **Self-assign** to begin a Unit.

**First Aid 101 Course**

This is a test course for Flex Curriculum.

**2 Units**
9 Activities

**First Aid Unit 1** 
Activities: 6

Details    Self-assign

**First Aid Unit 2** 
Activities: 3

Details    Self-assign

5. You can also self-assign a lesson from within a Unit. You cannot self-assign an entire Course.
6. Once you have selected **Self-assign** on a Unit or Lesson, select **Start**.

**Explore Demo Course**

This is a test course.

**2 Units**
6 Activities

**Unit A** 
Activities: 3

Details    Self-assign

**Lesson 2**
Activities: 3

Self-assign

**Unit B- Quiz** 
Activities: 3

Details    Self-assign