



Master Wellness Volunteer Program Online Course Instructions

Courses May Be Accessed at http://extensiononline.tamu.edu

Please Note: There are many courses available via Extension Online and you are welcome to enroll and complete as many of them as you wish. However, only those courses in the designated "Master Wellness Volunteer" category or with "(MWV Online)" in the title count toward Master Wellness Volunteer Program Training.

1. On your initial visit to http://extensiononline.tamu.ed u, you will need to create a free account. Please click on "Get a Free Account" to register and create an account.



TEXAS A&M GRILIFE EXTENSIC	Free Account Sign.In Extension Online Convenient, affordable, self-paced eLearning. HOME COURSES CERTIFICATES HELP DESK ABOUT CONTACT	
Wekcome Sign In Free Account	Free Registration for an Extension Online Account Your Extension Online Account gives you access to educational courses and programs developed by the Texas A&M AgriLife Extension Service, The Texas A&M System.	
Forgot Password	Tell us about yourself First Name: Last Name: Address:	

2. Complete the information requested on the registration page. You will only create an account once – on subsequent visits you will sign-in as an existing user (second image below). Please store your username and password in a safe place.

TEXAS A&M GRILIFE EXTENSIO	N Free Account Sign In Extension Online Convenient, affordable, self-paced eLearning. HOME COURSES CERTIFICATES HELP DESK ABOUT CONTACT
Welcome Sign In Free Account Forgot Password	Sign In To Your Extension Online Account Email Address:

3. Once your registration is complete, you've accepted the terms & conditions and signed-in, you will be at the "My Account" section. The "My Account" section will keep a record of courses you've enrolled and completed – a sort of transcript. To access available courses, click the "Courses" tab.

TEXAS A&M GRILIFE EXTENSION	N	Sign Out
Enrolled Courses Certificates	Welcome, Andrew Crocker ABCrocker@ag.ta Add Courses	mu.edu Last Login: 2015-08-26 11:21:03
Profile Change Password	Enrolled Courses Master Wellness Volunteer Program Overview (MWV Online) Principles of Adult Learning and Working with Groups (MWV Online) What You Need to Know about Assistive Technology but Didn't Know Who to Ask MyPlate - An Introduction (MWV Online) Be an Expert Problem Solver: Caregiving & Coping with Traumatic Brain Injury	Current Section Welcome Opportunity for Additional Learning Webinar Recording Welcome Welcome

4. All of the courses associated with the Master Wellness Volunteer Program Training are in the "Master Wellness Volunteer" category. Click on "Master Wellness Volunteer" to access these courses.

Extension Online Convenient, affordable, self-paced eLearning. MY ACCOUNT HOME COURSES CERTIFICATES HEI				
	Courses offered by Extension Online			
Child Care	Choose a course category below to get started:			
CTE Teachers	Child Care			
- Extension Employees	<u>CTE Teachers</u>			
Family	Extension Employees Exercise			
Food & Nutrition	Food & Nutrition Food Safety			
Food Safety	Health Home Based Business Housing & Environment			
Health				
Home Based Business	Master Wellness Volunteer Military Caregiving			
Housing & Environment	Money & Finance			
Local Government	Local Government Special Populations			
Master Wellness Volunteer	Volunteer Training			
Military Caregiving	Other courses developed by Texas A&M AgriLife Extension Service authors			

Military Caregiving

5. The courses are listed on this page in the order in which they should be completed (see Course *Syllabus* or consult your County **Extension Agent for additional** detail). Click the "Enroll Now!" button to enroll in a particular course. Feel free to enroll in all the Master Wellness Volunteer courses at one time but consult the Course Syllabus or your **County Extension Agent for the** order in which the courses should be completed.

Sign Out

TEXAS A&M GRILIFE Extension Online Convenient, affordable, self-paced eLearning. EXTENSION MY ACCOUNT HOME COURSES CERTIFICATES HELP DESK ABOUT Master Wellness Volunteer Child Care **6.** The course in which · Courses listed in this section focus on meeting some of the training CTE Teachers requirements for Texas A&M AgriLife Extension Service's Master vou enrolled will Wellness Volunteer Program. Extension Employees show up in "My Courses are not meant to be stand-alone but done under the supervision of and in conjunction with your County Extension Agent or Family Account" as a representative of your agency/organization. Food & Nutrition If you are interested in the Master Wellness Volunteer Program or "Enrolled Courses." how the training is structured, please contact you County Extension Food Safety **Click the course title** Agent (http://counties.agrilife.org) Health to begin the course. Home Based Business Master Wellness Volunteer Program Overview (MWV Online) Housing & Environment This course will explore the history of the Extension Service; an overview of the Master Wellness Volunteer program; and the Local Government importance of reporting activities and hours. It is intended for use as part of the Master Wellness Volunteer Program training offered by Texas A&M AgriLife Extension Service. Master Wellness Volunteer

Enroll Now! Credit Hours: 1 hr

Course Price: Free

Certificate Fee : Free

7. Each course will begin in the "Welcome" section. If you leave this course and return to it later, you will go back to the section where you left off. Each of the course sections is listed in the left navigation menu. You will use the "Next Section" button to navigate through the course.

TEXAS A&M GRILIFE EXTENSION	Extension Online Convenient, affordable, self-paced eLearning. MY ACCOUNT HOME COURSES CERTIFICATES HI	Sian Out
Enrolled Courses	Enrolled Courses Selow you will find the courses you are currently enrolled in and the section you w	ere last in.
Certificates Profile	Enrolled Courses	Current Section
Change Password	Master Wellness Volunteer Program Overview (MWV Online) Principles of Adult Learning and Working with Groups (MWV Online) What You Need to Know about Assistive Technology but Didn't Know Who to Ask	Completed Opportunity for Additional Learning Webinar Recording
	MyPlate - An Introduction (MWV Online) Be an Expert Problem Solver: Caregiving & Coping with Traumatic Brain Injury	Welcome
	Understanding Narcotic Medications for Service Members Working to Balance Life	Welcome Welcome
	Military Caregivers: Commonalities & Differences Shed Light on Individuality	Completed

TEXAS A&M	Sign Out			
Extension Online Convenient, affordable, self-paced eLearning. MY ACCOUNT HOME COURSES CENTRICATES HELP DESK ABOUT CONTACT				
	Master Wellness Volunteer Breatham Overview (MM)			
Welcome	aliaster weiness volunteer Program Overview (www			
Texas A&M AgriLife Extension Service	Online)			
Video: Texas A&M AgriLife Extension Service	Welcome			
Master Wellness Volunteer Program Relevance	Objectives During the course of this lesson, you will watch several videos describing: 1. What the Texas A&M AgriLife Extension Service is and what it does 2. An overview of the Master Wellness Volunteer program 3. Master Wellness Volunteers speaking about what they do and why they do it 4. The importance of accurately reporting hours and activities At the end of the course, you will have an opportunity to submit questions and any feedback you have regarding the course or its information.			
Master Wellness Volunteer Program Response				
Master Wellness Volunteer Program Results				
Video: Master Wellness Volunteers in Their Own Words				
Video: Master Wellness Volunteer Program Reporting				
Opportunity for Additional Learning	Next Section			
Importance of Evaluation				
Course Survey: Master Wellness Volunteer Program Overview				

8. Review each section and study the course content at your own pace. Each course will have an "Opportunity for Additional Learning" which is a type of homework assignment. This will enhance your course experience by allowing you to apply the course content.

Each course ends with a "Course Survey" to evaluate your learning experience and provide feedback on the content and format. Please follow all directions and use the maroon arrow button (>>) to navigate through the course survey.

Please DO NOT click NEXT SECTION until you have completed the survey responses. The survey will tell you when it is okay to click "Next Section" at the bottom of the page.



9. Some courses will provide the opportunity to receive a certificate via email, some courses will not. Please consult the *Course Syllabus* or your County Extension Agent for more information regarding which courses generate certificates.

What if it all goes wrong?

The Extension Online site has a very robust support feature located under the "Help Desk" tab. You will find answers to frequently asked questions (FAQ) as well as the opportunity to submit a support ticket if the FAQs do not resolve your problem. If you submit a support ticket, please be specific about your problem, including the name of the course you're taking, so that we can adequately and efficiently handle your request.

