MyStudentBody –
5 Tips to Pass the Course

1. Know your status. All incoming first-year students, including all transfer students, must pass the course.

2. Follow the instructions on the next page carefully.

   When you get to the “My Stuff” page select “Take Now” under the orange “Essentials” heading. Complete both sections of the Essentials course to get credit – visits to the Student Center and Advice sections won’t fulfill the requirement.

3. If you receive reminder e-mails but think you’ve already passed the course, e-mail the MSB Coordinator at MSB@uhs.umass.edu to double-check. Be sure to include your name and student ID number.

4. Get it done before arriving on campus. Waiting until the last minute adds stress – and hassles like power outages or computer problems can happen at the worst possible time!
About MyStudentBody Essentials

All first-year and incoming transfer UMass Amherst students, regardless of age, are required to complete and pass the MyStudentBody (MSB) Essentials course. Those who may need accommodations to complete the course should contact Disability Services at (413) 545-0892. For more information on why we require MyStudentBody, check out the UMass MyStudentBody website: http://www.umass.edu/studentlife/mystudentbody.

You must complete the course before arriving on campus. If you don’t, you won’t be able to register for the following semester’s classes. After you’ve finished the required course, bookmark the site and come back anytime to check out the other sections!

Get started:

- Log into Moodle;
- Select Your NSO Follow Up course;
- Click on the Action Items section to access these important requirements.

When you get to the “My Stuff” page, select “Take Now” under the orange “Essentials” heading. Watch the short video explaining the course, then click “Continue.” Video content is also available in written format; if you prefer this option, click the “Download Transcript” button.

Select the “Alcohol” start button to begin the course. You’ll return to this page after completing each topic, and you can start each one in a similar way. MSB guides you through the “Rate Myself” Assessments, Pre-test, Course and Post-test for each part of the Essentials course. A progress bar in the top right corner shows where you are in each section.

Once you’ve started the course, don’t click your browser’s “back” button or you’ll lose your progress. If you click accidentally, a pop-up window will warn you that you are about to leave the page. To leave MSB and return later, click the “Log Out” button near the top of the screen. If you click your browser to exit, you’ll lose all the information you put in.

Answer the “Rate Myself” questions, read your feedback, then click “Continue.” Answer honestly for accurate feedback. If you log out before completing the “Rate Myself” sections, you’ll need to repeat them once you log in again.

Read all the sections. You’ll need to remember the information to pass the post-test; taking notes may help. If you don’t pass (80% or better), the site will direct you back to sections you need to re-read to pass the quiz.

Once you pass both modules of the “Essentials” course, fill out the satisfaction survey.