



Log-in instructions for CSUSM First Year Students

1. Go to <http://www.mystudentbody.com> and click REGISTER NOW to create your account.
2. Put **COUGAR** in for your school code, and then follow the prompts for demographic and personal information.
3. You will be taken to the MyStudentBody "**My Stuff**" page.
4. *You are taking the Essentials Course*, so select "**Take Now**" under the Essentials Course header. You must complete the Essentials Course with an 80% or better by November 1st.
5. Once you complete the course, you will be asked to complete a survey, and then you can claim your certificate of completion. You will then be taken to the "**My Stuff**" page.
6. *If you are not currently taking a course*, you can use the "**My Stuff**" page to access material on the Student Center and Advice pages, or check out the MyStudentBody Stress, Nutrition, Sexual Health, or Tobacco sites.
7. To return to the "**My Stuff**" page from MyStudentBody Stress, Nutrition, Sexual Health, or Tobacco sites, click on the MyStudentBody logo in the upper left corner.

You can provide proof of completion in the following ways:

- Print out your certificate of completion and bring in a hard copy to Student Life and Leadership in Craven 3400.
- Email a copy of your certificate of completion to orientation@csusm.edu

Failure to complete the requirement will result in a hold being placed on your record preventing you from registering for Fall 2012 courses.