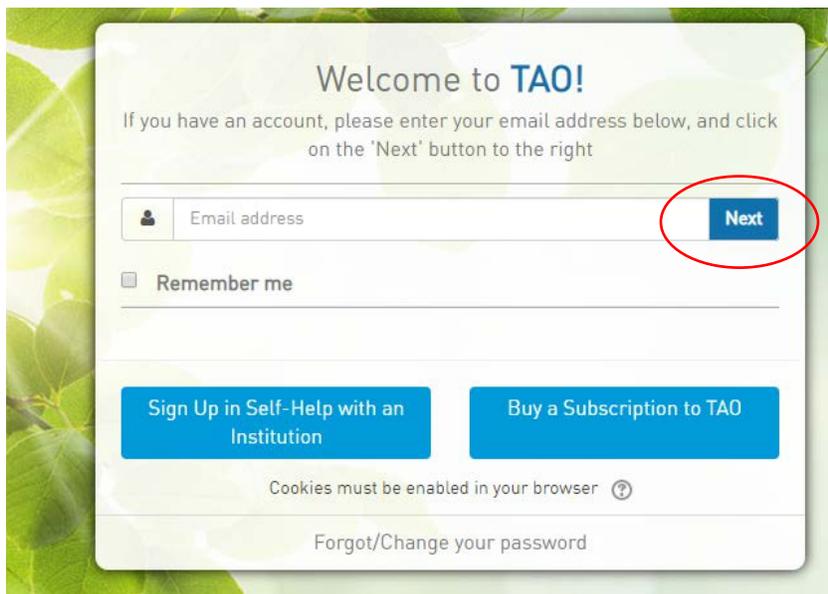


How to Enroll in a Course in TAO (Therapy Assistance Online) Northeast Ohio Medical University

Before using TAO and enrolling in a course with a specific enrollment key, you must create an account. Please visit the TAO information page on <https://www.neomed.edu/cswc/> for detailed instructions on signing up and logging in.

Visit <https://thepath.taoconnect.org>

Enter your NEOMED email address then click “Next”



Welcome to **TAO!**

If you have an account, please enter your email address below, and click on the 'Next' button to the right

Next

Remember me

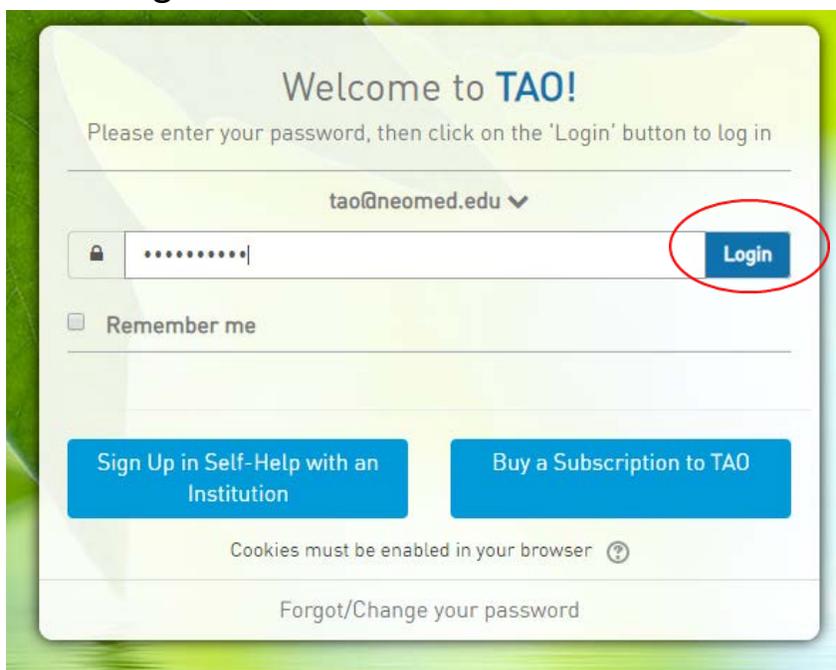
[Sign Up in Self-Help with an Institution](#) [Buy a Subscription to TAO](#)

Cookies must be enabled in your browser [?](#)

[Forgot/Change your password](#)

Enter the password you created when you signed up for TAO

Click “Login”



Welcome to **TAO!**

Please enter your password, then click on the 'Login' button to log in

tao@neomed.edu ▼

Login

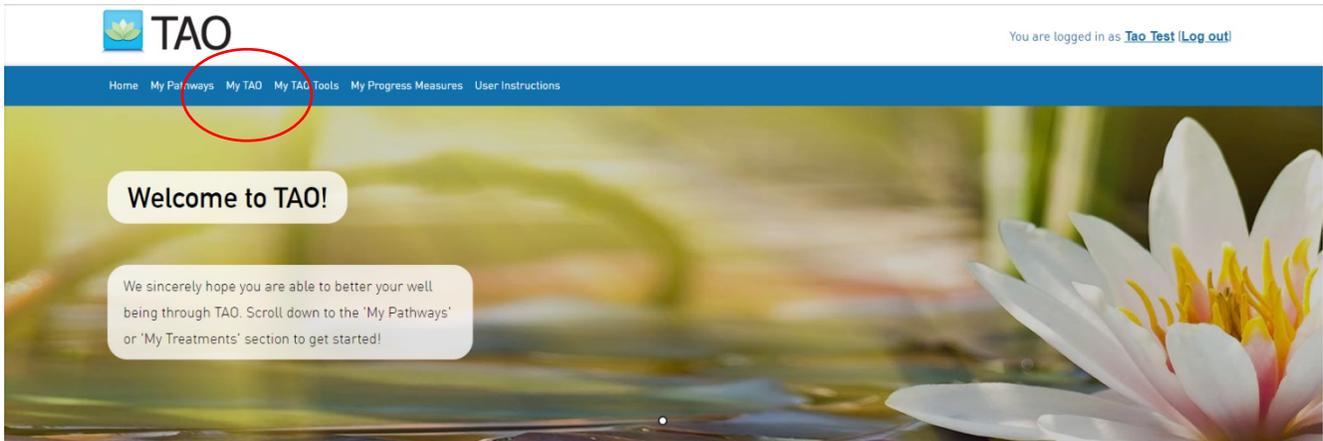
Remember me

[Sign Up in Self-Help with an Institution](#) [Buy a Subscription to TAO](#)

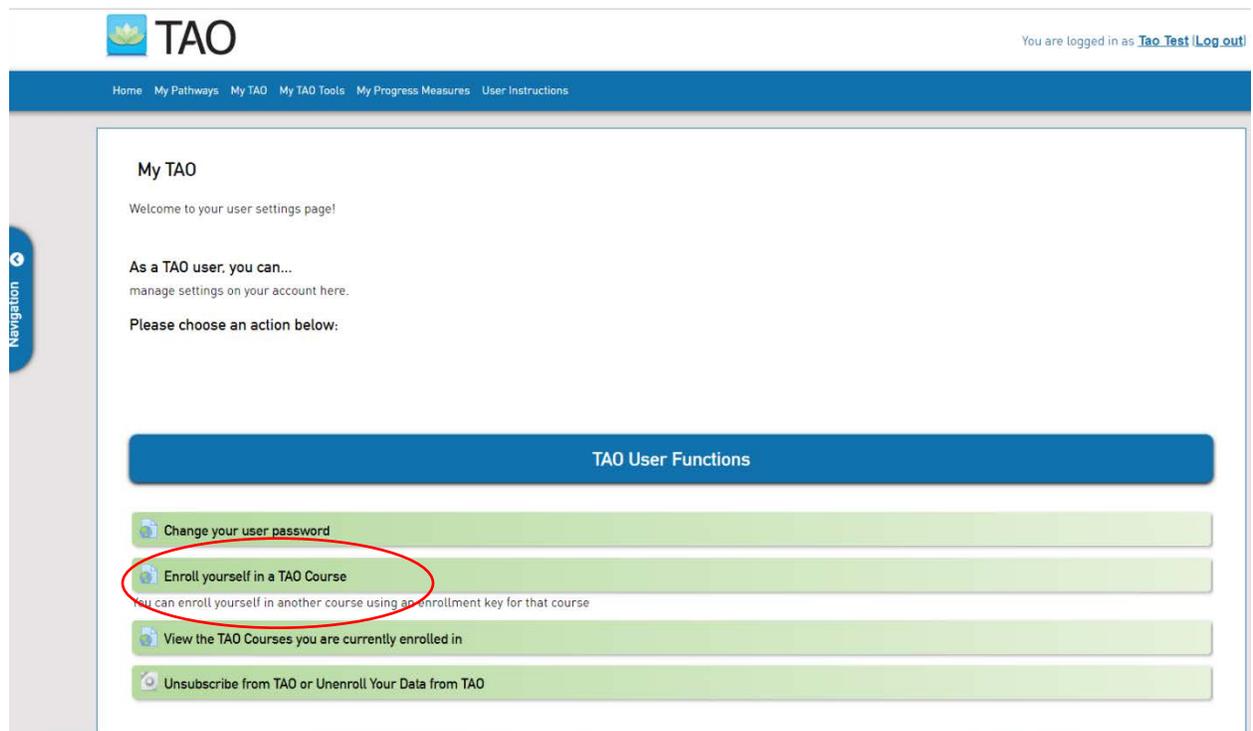
Cookies must be enabled in your browser [?](#)

[Forgot/Change your password](#)

Click on “MyTAO” in the top navigation bar

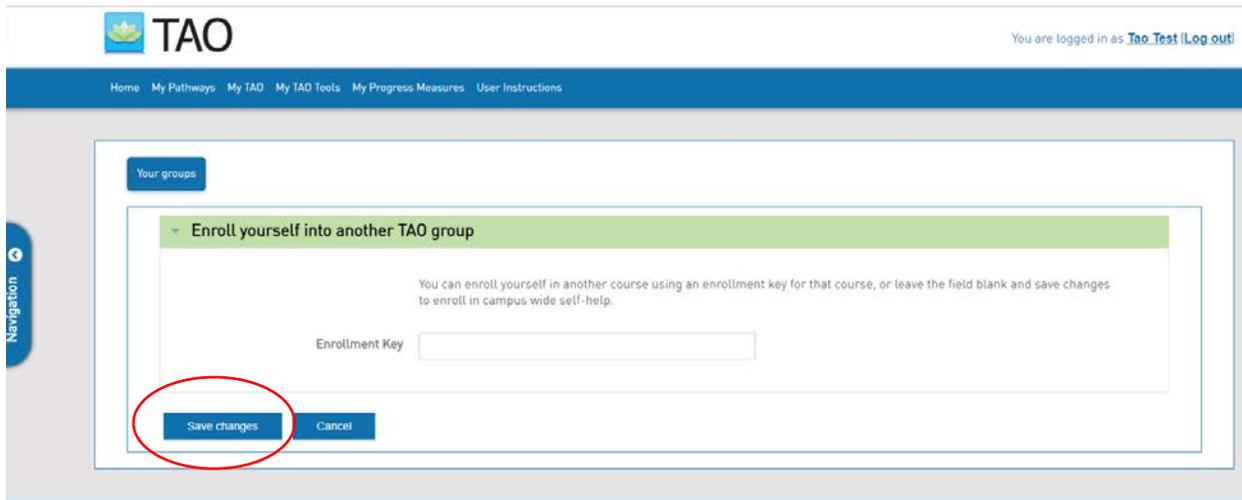


Click on “Enroll yourself in a TAO Course”



Enter the enrollment key provided to you by the Center for Student Wellness and Counseling Services, your individual counselor, a Pulse article, or etc. *(an example enrollment key: Imposter19-20)*

Click “Save Changes” *(the screen will look the same after you click ‘save changes’)*

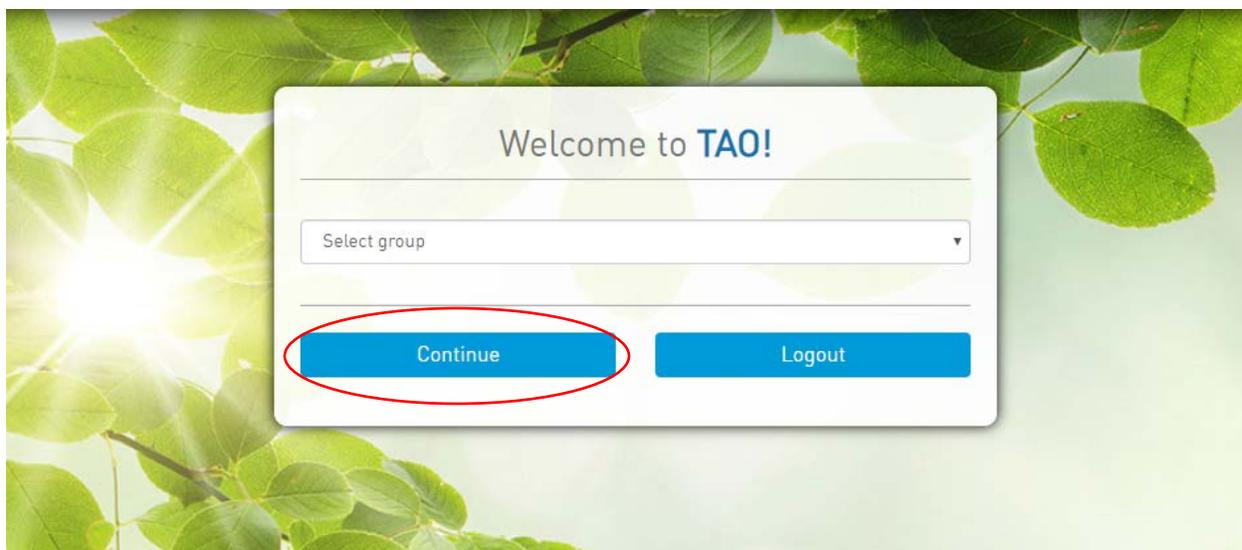


The screenshot shows the TAO web interface. At the top, there is a navigation bar with the TAO logo and the text "You are logged in as: Tao Test (Log out)". Below the navigation bar, there are links for "Home", "My Pathways", "My TAO", "My TAO Tools", "My Progress Measures", and "User Instructions". The main content area is titled "Your groups" and contains a form titled "Enroll yourself into another TAO group". The form includes a text input field for "Enrollment Key" and two buttons: "Save changes" and "Cancel". The "Save changes" button is circled in red.

After these steps, you must log out of TAO then login again for the enrollment to take effect

*When you login again, you will be given a drop-down list to select a module group. Click on the down arrow to choose the group you would like to access

Click “Continue”



The screenshot shows the TAO login screen. The background is a green leafy pattern with a sunburst effect. The main content area is a white box with the text "Welcome to TAO!". Below the text is a drop-down menu labeled "Select group". At the bottom of the box are two buttons: "Continue" and "Logout". The "Continue" button is circled in red.

You will then be directed to your TAO homepage

Click on “My Pathways” in the top navigation menu to view the modules in the group you selected during the login process

The screenshot shows a user interface for 'My Pathways' under a 'Sample Module' header. There are three module cards, each with a background image and a title. Below each card is a brief description of the module's focus.

Module Title	Description
Let Go and Be Well	ACT for General Well-Being and Resilience
Calming Your Worry - Adult	CBT for Stress and Anxiety
Improving Your Mood	Behavioral Activation for Depression

If you would like to view all 9 self-help modules, you must log out then login again. Simply follow these instructions again and when choosing the group, select “Student Self-Help-Life Hacks to Live Your Best Life”.

Congratulations! You just took steps to enroll in a new group module to equip you with strategies to aid you in your well-being as you go forward in your life.

As you begin to familiarize yourself with TAO Connect, if you are having technical or site navigation issues, please contact support@taoconnect.org.