



Attainment's



# JOB SKILLS

*onDemand*




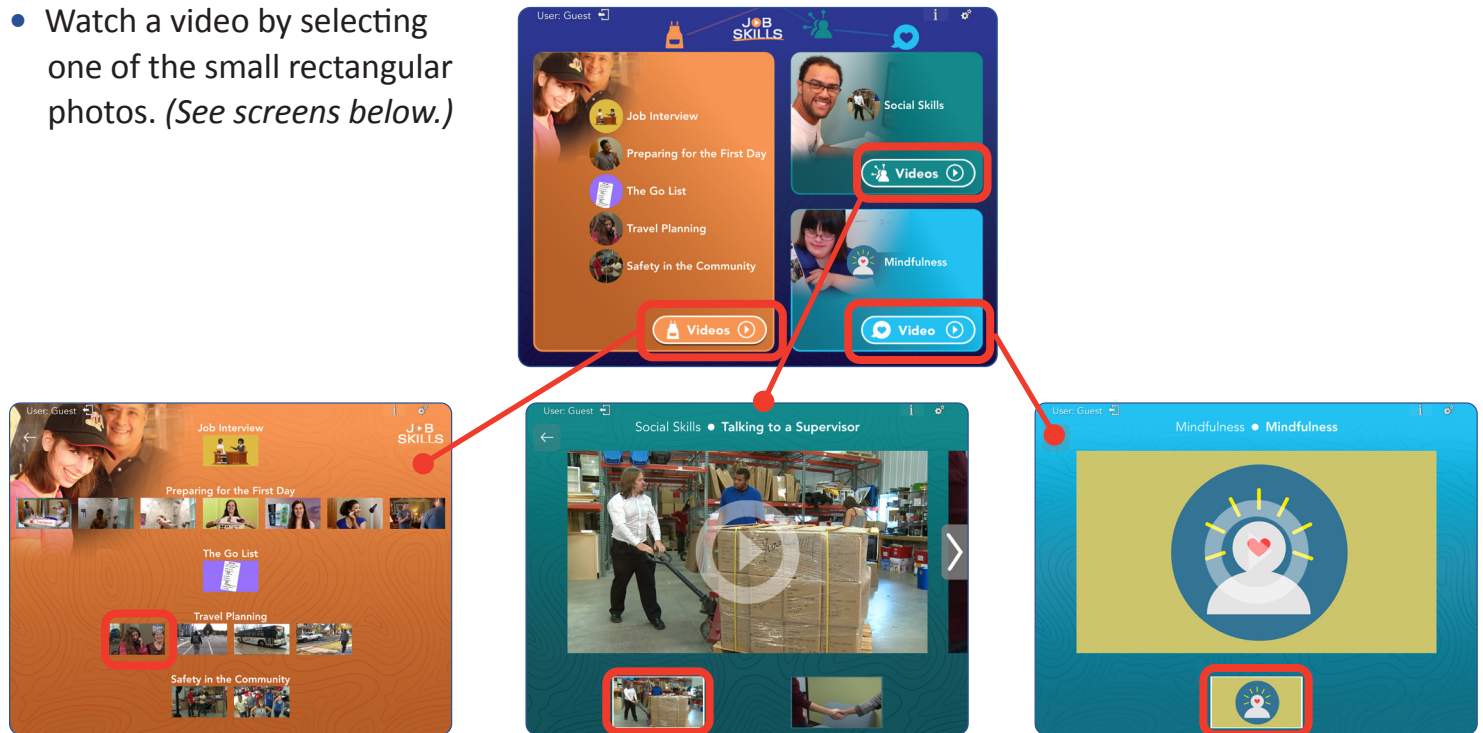
**USER GUIDE**

# Job Skills OnDemand

The **Job Skills OnDemand** app contains 18 videos designed to help job seekers get—and keep—a job. Video topics range from how to ace a job interview, how to talk to a supervisor, to managing stress with mindfulness. Users can watch the videos in any order they choose.

## HOW TO USE JOB SKILLS ONDEMAND

- After downloading the app to your tablet or phone, via the **Play Store** for Android or the **App Store** for iOS, select the icon for **Job Skills OnDemand**  to launch it.
- Select one of the three **Videos** buttons on the home screen to select a video group. The videos on the left are about job skills and work readiness. The videos at the top right are about people skills at work. The video at the bottom right is about managing stress.
- Watch a video by selecting one of the small rectangular photos. (See screens below.)



Choose a video by selecting the small photo. The **Job Skills** group (left) has five sections, each with one or more videos. The **Social Skills** group (center) has two videos. **Mindfulness** (right) has one video.

## WATCHING VIDEOS

Select video to watch

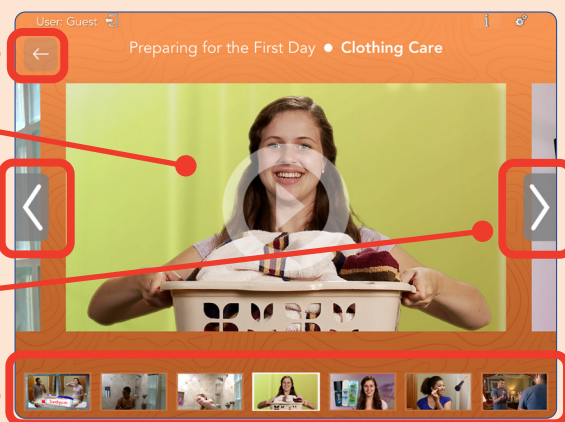


Back to previous screen

Start video by selecting the main screen

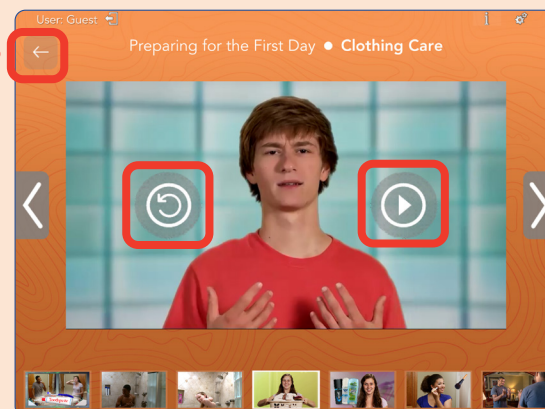
Select previous/next video in list

Choose any video in the group by selecting picture



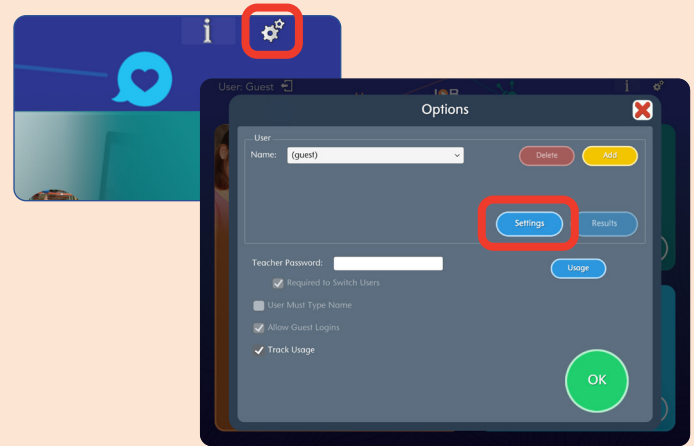
Back to previous screen

While the video is playing, select the screen to pause. Select the **Play** button (*right*) to resume or the **Repeat** button (*left*) to start the video from the beginning.

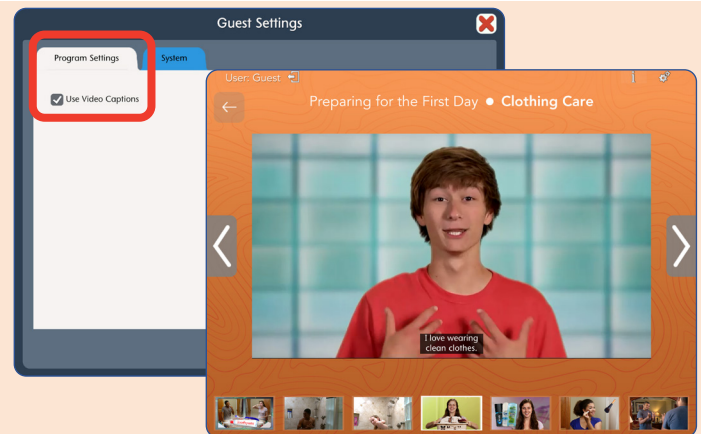


# SETTINGS

To access the app settings, select the gear at the top right of the screen, then **Settings**.



Select the **Program Settings** tab to enable video captioning.



Select the **System** tab to enable single or double switch scanning and for volume controls.

Select **OK** to save settings.

