

## MYSTUDENTBODY® First Time User Instructions

1. Go to [www.MyStudentBody.com](http://www.MyStudentBody.com)
2. Click on **Create an Account** on the bottom right of the page
3. On the First Time User Registration Page enter **bobcat** as the school code
4. Create your unique user name and password
5. Click on the terms to read and accept terms
6. Check the box to confirm you have read and agree to terms
7. You will then enter the second phase of the registration process
8. Enter your full name and student ID and answer the demographic questions
9. After submitting the information you will be taken to the MyStudentBody lobby page, click on the “Stress” sticky note to enter the stress resources section