

# Student Wellbeing Toolkit



## How to play audio files

Windows Media Player is the default media player for Microsoft Windows users and is compatible with .mp4 and .aif files available on the USB.

It is recommended that you download a free compatible viewer program, such as VLC media player.

Open VLC or other media player of choice to view the .mp4 and .aif files.

Still experiencing problems? Please contact your IT administrator for assistance.

## How to edit the pdf files

Open the pdf file with Acrobat. Click on *Edit > Edit Text and Images*

Or

*File > Save as > Format > Word document*