



Osmosis Instructions

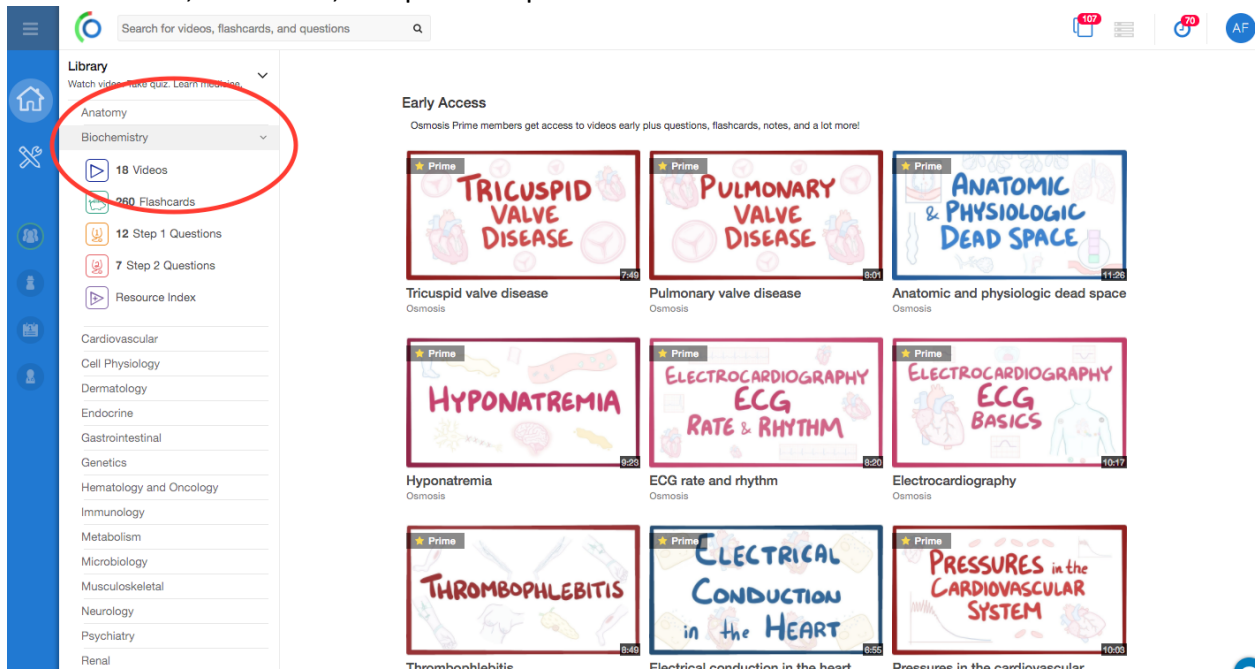
A tutorial of many aspects of Osmosis. Osmosis can be found at on the [E.Flo Apps page](#). The apps for Osmosis can be found here: [ios](#) / [Android](#)

How are Osmosis accounts created?

All requests for new users need to be forwarded to medicine.it@wsu.edu Please include the name, WSU Email address, role (Student, instructor, administrator).

Osmosis Library

After logging in you will be brought to the library. The library houses thousands of videos, flashcards, and practice questions.

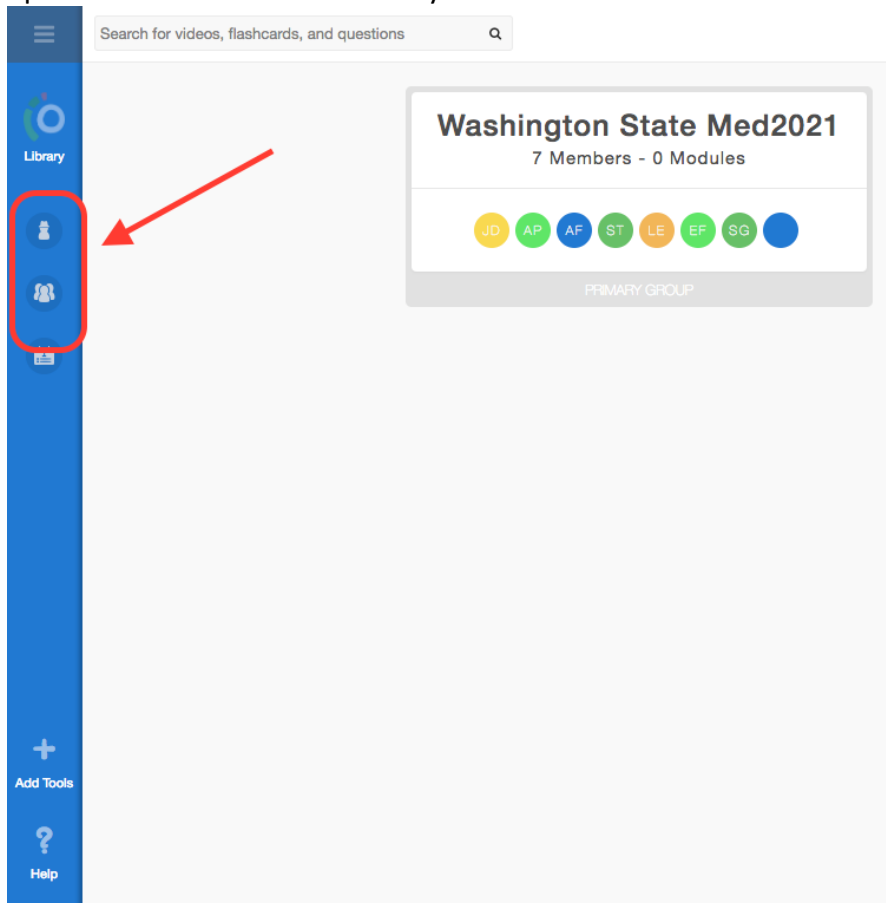




How to join a workspace

When your account is created you will automatically be placed in the Washington State Med 2021 Workspace. To switch between your private and team workspace use the icons on the left to choose.

Your Team Workspace is composed of your cohort. This is where you can share and upload course material and study tools like flashcards.





Workspace Calendar

Your workspace has a calendar that mirrors the same events that are in E.Flo. These events will have course material loaded into them. You can use this uploaded material to create flash cards and quiz questions.

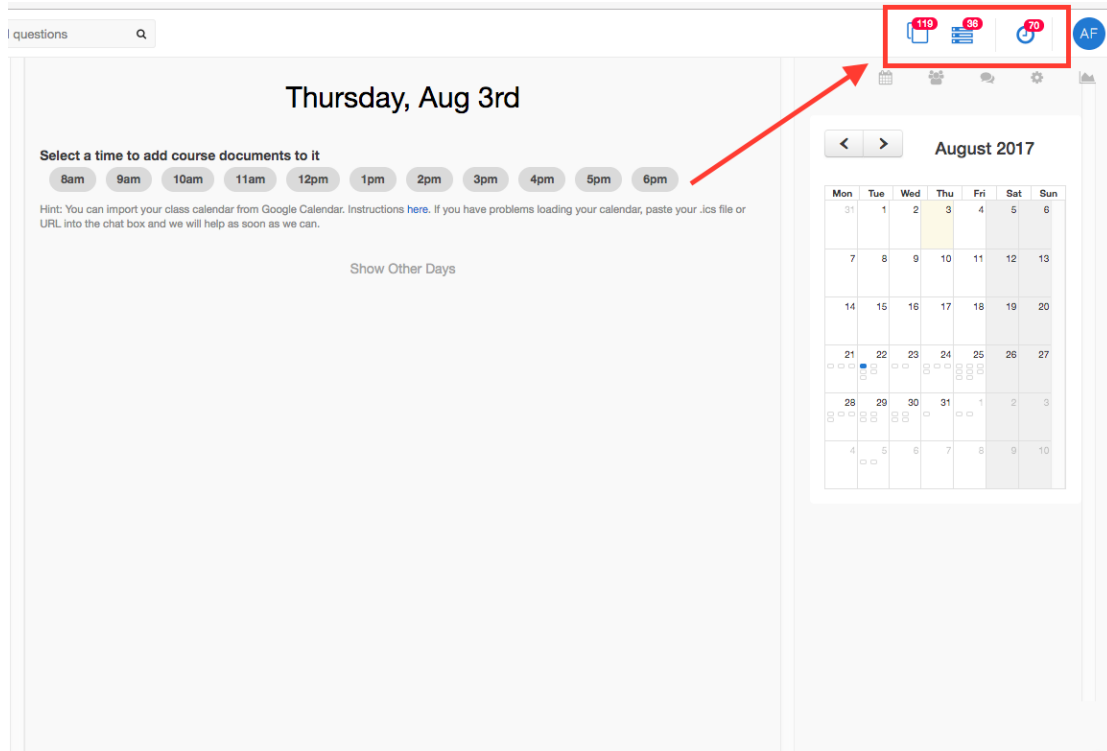
The screenshot displays the 'Workspace Calendar' interface. The main view is for 'Tuesday, Aug 22nd'. A course event titled 'Introduction to Anatomy Lab and the Cadaver' is shown at 12AM, categorized under 'Anatomy'. Below the event title is a thumbnail image of a bone with the word 'bone' written in green. To the right of the thumbnail are three circular icons: 'Analyze Text' (with a bar chart icon), 'Create Flashcards' (with a purple square icon), and 'Quiz Yourself' (with a green person icon). Below these icons, there is a section titled 'Select an event to add course documents to it' with four buttons: '8am - Self-directed Learning', '9am - Physician Patient Interactions', '11am - Medical Ethics', and '1pm - Introduction to Technology'. A 'Show Other Days' link is located at the bottom of this section.

On the right side of the interface, there is a calendar view for 'August 2017'. The calendar shows a grid of days from Monday to Sunday. A red arrow points to the date '22' (Tuesday), which is highlighted in blue, indicating the current day. The calendar also shows the dates '21' (Monday) and '23' (Wednesday) with small icons, suggesting events are scheduled for those days as well.



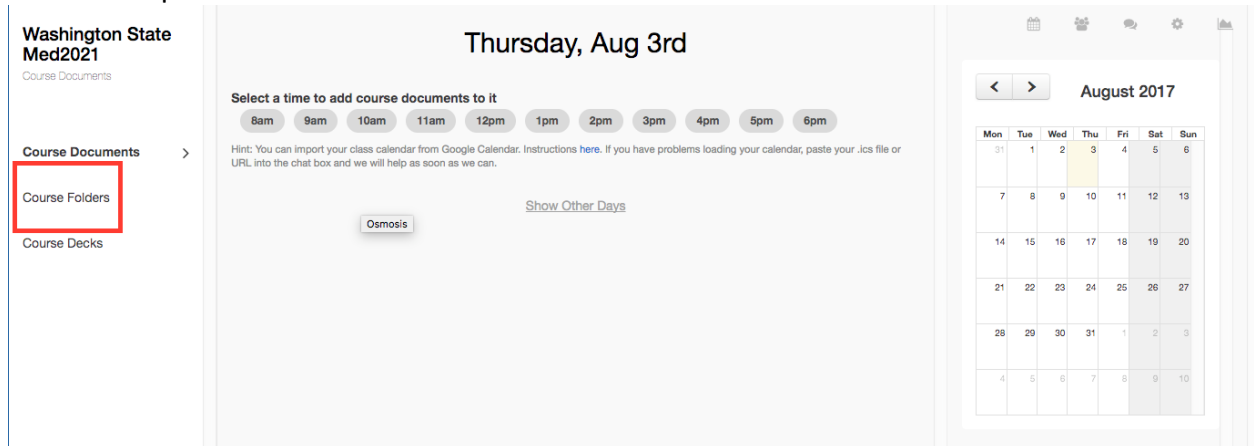
Flashcards and Quiz Questions Queue

Your queues can be accessed by clicking the corresponding icons on the top right. Hovering over the icon displays the icon label.



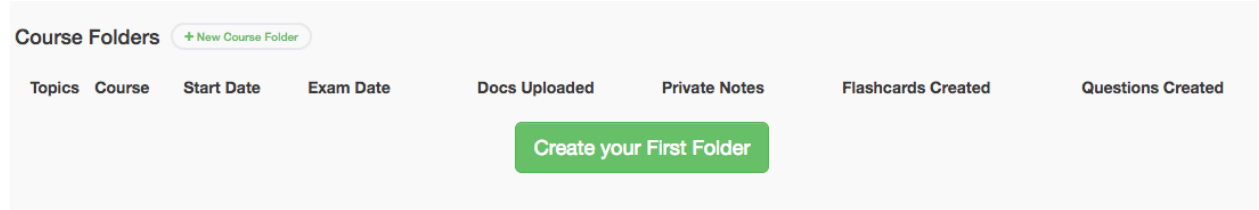
How to create a course folder

All uploaded course material is stored in a corresponding course folder. While in your team workspace select Course Folders is on the left.





Select +New Course Folder



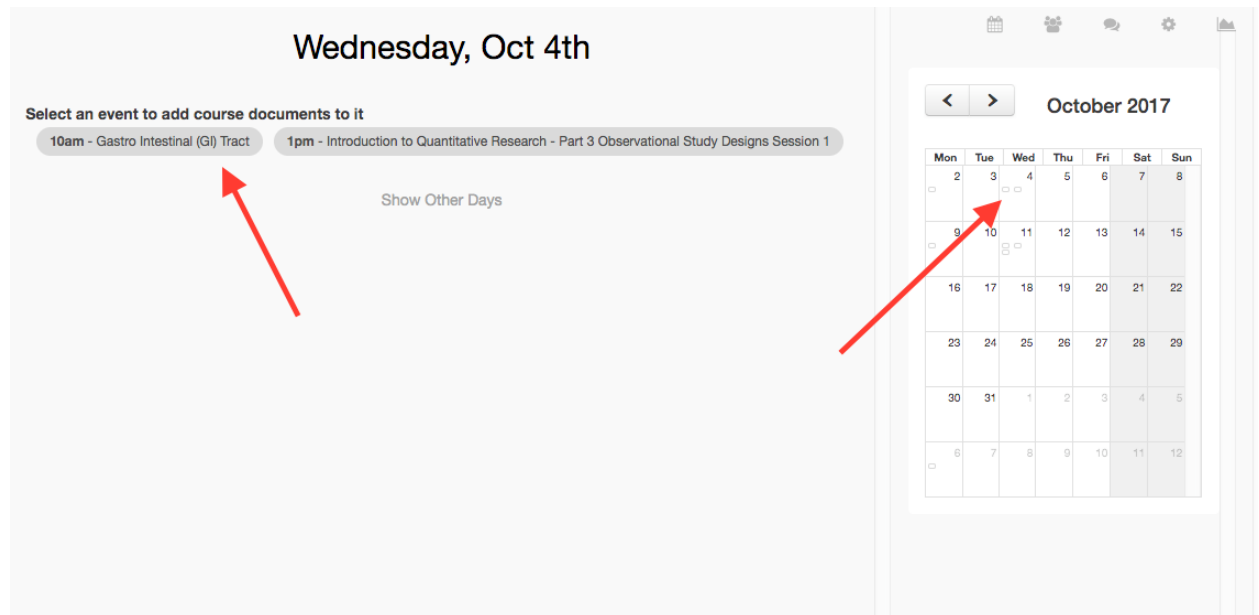
When creating a course folder, you need to have the start and end date of the corresponding course. For example; To upload anatomy course material, create a module with a start date of August 21, 2017 and an end date of November 21, 2017.

1. Enter the name of the course that you want to create.
2. Enter the Start and end date of the Course Block.
3. Select a Topic
4. Add a description of desired
5. Create folder

How to create a course folder

Once a course folder has been created, go back to the Course Documents page to use the course calendar. In this example, we will load course documents into the 10am Gastro Intestinal Tract course occurring Wednesday October 4th.

From the calendar on the right of the page go to Oct 4 2017 and select the 10am class.





From here you can browse to or drag and drop course material related to Gastro Intestinal Tract into the module.

Wednesday, Oct 4th

10AM **Gastro Intestinal (GI) Tract**
Not linked to module

DROP DOCUMENT HERE
Or [browse](#) your files.

While uploading it will ask you which folder the study material should be placed in. For this example we will choose the "Anatomy" folder.

Add documents... ×

Select the module that this event belongs to

- Anatomy
- Histology
- Osmosis Tutorial
- Create New Module

Done



Create Folder ✕

Create a new folder

Folders organize docs, questions, and flashcards so you can use them to study for your exam

| | |
|---------------------|--|
| Course Name | <input type="text" value="Anatomy"/> |
| Start Date | <input type="text" value="2017-08-21"/> |
| Exam Date | <input type="text" value="2017-11-20"/> |
| Topic/Topics | <input type="text" value="Anatomy x "/> |
| Description | Optional |

How to upload learning event resources

Once a course folder has been created, go back to the Course Documents page to use the course calendar. In this example, we will load course documents into the 10am Gastro Intestinal Tract course occurring Wednesday October 4th.

From the calendar on the right of the page go to Oct 4 2017 and select the 10am class.



Wednesday, Oct 4th

Select an event to add course documents to it

10am - Gastro Intestinal (GI) Tract 1pm - Introduction to Quantitative Research - Part 3 Observational Study Designs Session 1

Show Other Days

October 2017

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----|-----|-----|-----|-----|-----|-----|
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |

Two red arrows point from the calendar to the '10am - Gastro Intestinal (GI) Tract' event and from the calendar to the '10' on Tuesday, October 10th.

From here you can browse to or drag and drop course material related to Gastro Intestinal Tract into the module.

Wednesday, Oct 4th

10AM **Gastro Intestinal (GI) Tract**
Not linked to module

DROP DOCUMENT HERE
Or [browse](#) your files.





While uploading it will ask you which folder the study material should be placed in. For this example we will choose the “Anatomy” folder.



Add documents...



Select the module that this event belongs to

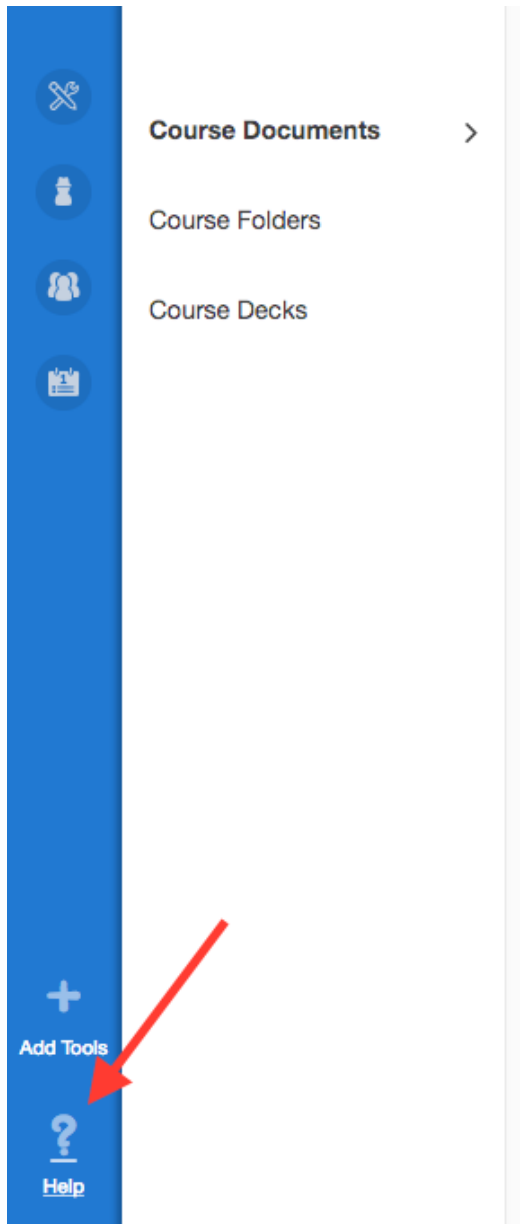
-  **Anatomy**
-  **Histology**
-  **Osmosis Tutorial**
-  **Create New Module**

Done



Help

Osmosis has a robust Help page with key word search functionality. Their help page can be accessed by clicking the Help icon on the bottom of the page.



You can also contact the Medicine IT help desk at 509-368-6848 - medicine.it@wsu.edu