Instructions on accessing Canvas to participate in option 2 (group-based gratitude journaling) and option 3 (group-based gratitude journaling & gratitude support group)

How to do I get started?

Step 1: Log onto canvas.iu.edu using your IU credentials. If you don’t have an IU email address, create an IU guest account by clicking on “Create one now” and then click on “Sign up with email.” If you are using an IU guest account, please use the same email address you used when you registered for the Gratitude Challenge. (If you don’t have an IU email address, please note that you won’t be able to participate in gratitude journaling unless you create a guest account on Canvas).

Step 2: You will receive an email from IU Canvas indicating that you’ve been asked to join a “course.” Click on “Get Started” in the email to access Canvas. Alternatively, when you log in to canvas.iu.edu, you may see a request to be added to Canvas. Please accept this request.

Step 3: Click on “Courses” on the left side of Canvas. Select the relevant course on gratitude journaling. The name of your course should be “Group-Based Gratitude Journaling.”

Step 4: Once you are in the “course,” click on “Introduce Yourself!” Read the prompt and click “Reply” to respond to the prompt. This is an opportunity to introduce yourself to members of your group.

How do I participate in gratitude journaling?

To participate in gratitude journaling, click on the relevant date, e.g., “Monday, October 3” and read the prompt at the top of the screen. Click “Reply” to write your gratitude journaling response and click “Post Reply.” You will do this daily (on weekdays) from October 3 through November 11. Note that you will only be able to participate in gratitude journaling starting on Canvas on October 3.

We encourage you to read and respond to the gratitude posts of your other group members. Your response should only include positive comments (e.g., “I was moved/inspired by what you wrote because…”) – there should be no criticisms or constructive feedback. To reply to a group member, scroll down to their post, and click “Reply” to write your response. Once you’ve finished constructing your response, click “Post Reply.”

How do I see who is in my group?

Step 1: Navigate to the course home page on Canvas.

Step 2: Look on the right side below “To Do” for the “Course Group” section.

Step 3: Click on the listed group name – the names of the groups are Groups 1-20. In the example below, click on “Group 14.” This will take you to your group homepage.
Step 4: On the left side, you will see a “People” tab. (Note. If you do not see the “People” tab on the left, click the three stacked dashes to the left of “Gratitude Group”. This should make the “People” tab visible.) Click on the “People” tab to see a list of everyone in the group (see below).

What should I do if I’m having an issue with Canvas?

Email Dr. Joel Wong (joelwong@indiana.edu) and Alexis Pandelios (alpandel@iu.edu) if you are having issues with the Canvas site.

Is there anything else I should be aware of?

On the homepage of the Canvas site, there are documents listed under the “Gratitude Journaling Resources” heading. These may be helpful resources for you as you are doing your gratitude journaling. Please make use of these documents as needed!