

# STRONGMIND TECHNICAL REQUIREMENTS

## INTERNET & EMAIL

- (Dial-Up not supported)
- personal e-mail address (get a free account from [Gmail](#), [Yahoo](#), or [Outlook](#))

## HARDWARE

<b>CPU</b>	CPU: Intel® I3 or better recommended, or AMD equivalent
<b>RAM</b>	RAM: 4 GB minimum (8 GB recommended)
<b>VIDEO</b>	Video: 1024×768 minimum resolution required
<b>MONITOR</b>	Monitor: 15" Widescreen or greater recommended
<b>AUDIO OUTPUT</b>	Audio: Sound card with speakers or headphones
<b>AUDIO RECORDING</b>	Microphone (required for Foreign Language courses)
<b>PRINTER</b>	Inkjet or laser printer (not required, but helpful)
<b>VR HEADSET</b>	(Not required but can be used in compatible courses)

## INTERNET & EMAIL

Windows® 8.1 or 10; Mac® OSX 10.9 or later

- Chromebooks have some limitations that can affect user experience
- Some users have had success using Linux with Chrome and/or Firefox
- iPads, iOS/Android Tablets, and some Netbooks are not supported as they may not be able to use required plugins and/or have screens that are too small to adapt.

## SOFTWARE & PLUGIN REQUIREMENTS

Use the following link to install Adobe Reader:

- [Adobe Reader](#)

Use the following link to install Adobe Reader:

- Word-processing: [Microsoft® Word](#)
- Presentation: [Microsoft® PowerPoint](#)
- Spreadsheet: [Microsoft® Excel](#) or better

**NOTE:** the free [OpenOffice Suite](#) or [G-Suite](#) includes equivalents for all applications above

# STRONGMIND TECHNICAL REQUIREMENTS

## INTERNET AND BROWSER OPTIONS

- [Chrome](#)
- [Firefox](#)
- [Edge](#)
- [Safari \(Mac\)](#)

For the most complete support of current plugins, we recommend Mozilla Firefox.

Browser cookies must be enabled.

## ANTIVIRUS AND ANTIMALWARE

Keeping your computer clean of viruses and malicious software is essential to your computer's health and performance. It is suggested that you have up to date and active protection on your computer. Below are links to free programs that can assist you in keeping your computer clean. The software listed here has both paid and free versions—it is not necessary to purchase any of the software listed here.

### PC

- [Avast](#)
- [AVG](#)
- [Avira](#)
- [Bitdefender](#)
- [Malwarebytes](#)

### MacOS

- [Avast](#)
- [AVG](#)
- [Avira](#)
- [Bitdefender](#)
- [Malwarebytes](#)

## OPENING POP-UP WINDOWS

If you have trouble logging in, please check these instructions on disabling pop up blockers:

- [How to turn OFF Pop-Up Blocked in Google Chrome \(2018/2019\)](#)

\*Some operating systems will minimize the new pop up window to the task bar. Please be sure to check the task bar for any pop-up windows

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## OPENING PDF FILES

1. In Adobe Reader or Acrobat, choose **Edit > Preferences**.
2. Select **Internet**.
3. Deselect **Display PDF In-Browser** and then click **OK**.
4. Choose **Edit > Preferences > Internet** again
5. Now, select **Display PDF In-Browser** and then click **OK**. Be sure to enable this as your default setting for the future

## CHECK FIREFOX SETTINGS

1. At the top of the Firefox window, click on the **Tools** menu and select **Options...**
2. Select the **Applications** panel.
3. Find **Adobe Acrobat Document** in the list and click on it to select it.
4. Click on the drop-down arrow in the Action column for the **Adobe Acrobat Document** entry and select **Use Adobe Acrobat** (in Firefox).

Adding Adobe Reader as Default

[How to set Adobe Reader as default](#)