

# Microsoft Office® 2016 Basics

Quick Reference Guide for Excel®, PowerPoint® and Word

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## Interface Terms

### Understanding the Start Screen & the Ribbon

Use the **Start Screen** to open an existing file or create a new document. The Start Screen launches when starting Excel, PowerPoint or Word without a document. If a document is open, choose the "File" tab in the Ribbon to enter Backstage View and then select "New" or "Open" from the menu for similar options.



The **Ribbon** is displayed along the top of the application window in Excel, PowerPoint and Word and replaces the Menu Bar in older versions of Office. The Ribbon is divided into tabs. Within these tabs are different groups of commands, accessed through the use of buttons, boxes, and menus.



- |                               |                                  |                        |
|-------------------------------|----------------------------------|------------------------|
| 1. Open documents             | 2. Display custom templates      | 3. Ribbon Tabs         |
| 4. Open recent documents      | 5. Microsoft Account Information | 4. Command Group       |
| 5. Search online templates    | 6. Create a blank document       | 5. Group Name          |
| 6. Display featured templates | 7. Quick Access Toolbar          | 6. Dialog Box Launcher |

## Interface Basics

### Using the Ribbon

1. **To hide and show the contents in the Ribbon**, double-click the active tab in the Ribbon.
2. **To change button groups shown in the Ribbon**, click the tabs at the top of the Ribbon.
3. **To show or hide "Contextual" tabs**, click to select or click away to de-select the object.
4. **To access commands**, click a Ribbon tab and use the buttons, boxes and menus within the command groups of the active tab.
5. **To access advanced options**, click the "Dialog Box Launcher" button in the lower-right corner of a button group, if available.

### Using the File Tab & Backstage View

1. **To open "Backstage View" and perform file management**, click the "File" tab at the left end of the Ribbon.
2. **To see additional options for a command**, click on a command in the left section of "Backstage View."

### Using the Quick Access Toolbar

1. **To change the Quick Access Toolbar's location**, click the "Customize Quick Access Toolbar" button and select either "Show Below the Ribbon" or "Show Above the Ribbon."
2. **To add a button**, right-click on a command button or function in the Ribbon and choose the "Add to Quick Access Toolbar" command.
3. **To remove a button**, right-click the button in the Quick Access Toolbar and choose the "Remove from Quick Access Toolbar" command.
4. **To access advanced customization**, click the "Customize Quick Access Toolbar" button, select "More Commands" and then a command group from the drop-down at the top of the left column. **To add a command**, select it on the left, click the "Add" button and then "OK." **To remove a command**, select it on the right and click the "Remove" button and then "OK."

### Enabling and Disabling Touch Mode

1. Click the "Customize Quick Access Toolbar" button in the Quick Access Toolbar and choose the "Touch/Mouse Mode" option.
2. Click the "Touch/Mouse Mode" button that appears in the Quick Access Toolbar and select either the "Mouse" or "Touch" option.

### Using the Status Bar

The Status Bar runs along the bottom of the program window. By default, it contains document view buttons and the Zoom Slider.

**To customize the Status Bar**, right-click anywhere on the Status Bar and check (to display) or un-check (to hide) any available features.

### Changing Document Views

1. Click one of the three "View" buttons at the far-right of the Status Bar or click the "View" tab in the Ribbon and click one of the views in the "Views," "Presentation Views," or "Workbook Views" group.
2. **To use the "Zoom Slider"**, click and drag the slider control at the far-right end of the Status Bar.
3. **To use a preset magnification**, click the "View" tab in the Ribbon and then click the "Zoom" button in the "Zoom" group to select a magnification and click "OK."

## File Management

### Creating New Documents

Click the "File" tab in the Ribbon and select "New" from the menu on the left within Backstage View.

1. **To create a new document**, click either the BLANK document thumbnail or a template thumbnail (and any available variants) and then click the "Create" button.
2. **To find online templates**, click a "Suggested searches" link or type in the "Search for Online Templates" text box and press "Enter" or click the "Start searching" button.
3. **To view custom templates**, click the "Personal" link.
4. **To pin templates to the "Featured" list**, hover over the template and click the "Pin to list" button.

### Saving Documents

**To overwrite a file that has already been saved**, click the "File" tab in the Ribbon and click the "Save" command at the left of Backstage View.

**To save a file for the first time or to save with a different name or location:**

1. Click the "File" tab in the Ribbon and click the "Save As" command at the left of Backstage View.
2. Click to select a location ("This PC," "OneDrive," or other location, such as a SharePoint Server for some Office 365 subscribers).
3. Click a folder name or the "Browse" button.
4. Navigate to the location where you want to save the file in the "Save As" dialog box.
5. Type a name in the "File name" text box and click the "Save" button.

### Saving Documents as a PDF or XPS

PDF and XPS are standardized file formats that can be read and printed with a free copy of Adobe Reader or XPS Reader and don't require Office to be installed to view the files. **To save a file as a PDF or XPS:**

1. Click the "File" tab in the Ribbon and choose the "Export" command at the left of Backstage View.
2. Click the "Create PDF/XPS Document" command in the "Export" area.
3. Click the "Create PDF/XPS" button.
4. Navigate to the location where you want to save the file in the "Publish as PDF or XPS" dialog box.
5. Type a name in the "File name" text box, choose either "PDF" or "XPS Document" from the "Save as type" drop-down, and click the "Publish" button.

### Opening Documents

1. Click the "File" tab in the Ribbon and choose the "Open" command at the left of Backstage View.
2. Click to select a "Recent" file, or
3. Click to select the file's location ("This PC," "OneDrive," or other location).
4. Click a recent folder or the "Browse" button.
5. Navigate to the file to open in the "Open" dialog box.
6. Click to select the file and then click the "Open" button.

### Opening Files Containing Macros

Macros are small programs that perform frequent tasks within applications. Macros are usually harmless, but can contain malicious code. By default, Office disables macros. If the file is from a trusted source, enable the macros by clicking the "Enable Content" button in the Message Bar.

### Recovering Unsaved Documents

1. Select the "File" tab in the Ribbon and choose the "Open" command at the left of Backstage View.
2. Select the "Recent" command in the "Open" area in the middle pane.
3. Scroll to the bottom of the "Recent" pane at the right and click the "Recover Unsaved Workbooks," "Recover Unsaved Documents," or "Recover Unsaved Presentations" button.
4. Select the file in the "Open" dialog box in the "UnsavedFiles" folder.
5. Click the "Open" button.

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## **Table of Contents Microsoft 2007 Guide**

1. Understanding the eBook Microsoft 2007 Guide
  - The Rise of Digital Reading Microsoft 2007 Guide
  - Advantages of eBooks Over Traditional Books
2. Identifying Microsoft 2007 Guide
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Microsoft 2007 Guide
  - User-Friendly Interface
4. Exploring eBook Recommendations from Microsoft 2007 Guide
  - Personalized Recommendations
  - Microsoft 2007 Guide User Reviews and Ratings
  - Microsoft 2007 Guide and Bestseller Lists
5. Accessing Microsoft 2007 Guide Free and Paid eBooks
  - Microsoft 2007 Guide Public Domain eBooks
  - Microsoft 2007 Guide eBook Subscription Services
  - Microsoft 2007 Guide Budget-Friendly Options

6. Navigating Microsoft 2007 Guide eBook Formats
  - ePub, PDF, MOBI, and More
  - Microsoft 2007 Guide Compatibility with Devices
  - Microsoft 2007 Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Microsoft 2007 Guide
  - Highlighting and Note-Taking Microsoft 2007 Guide
  - Interactive Elements Microsoft 2007 Guide
8. Staying Engaged with Microsoft 2007 Guide
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Microsoft 2007 Guide
9. Balancing eBooks and Physical Books Microsoft 2007 Guide
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Microsoft 2007 Guide
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Microsoft 2007 Guide
  - Setting Reading Goals Microsoft 2007 Guide
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Microsoft 2007 Guide
  - Fact-Checking eBook Content of Microsoft 2007 Guide
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

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web cathy savage i mentor high achieving women with my signature life management strategies for career and home life i have developed a women s financial empowerment and marketing service where i coach women on branding and how to be money savvy business leaders i also coach women and men with sport specific training and nutrition with my

home savage coaching agency coaching mentorship - Feb 02 2022

web key findings we analyzed cathysavage com page load time and found that the first response time was 965 ms and then it took 4 5 sec to load all dom resources and completely render a web page

**50 foundational branding for your business with cathy savage** - Jan 13 2023

web in this episode of the digital business evolution podcast jess takes the stage with the legendary cathy savage since the early 1990s cathy has been the pioneer in successful coaching and consulting for women from all over the world her programs were the first all inclusive digital global trainings of their kind

*cathysavage com at wi home savage coaching agency* - Jun 06 2022

web cathysavage com at wi high achieving women who need a plan to stay healthy during their demanding life and work responsibilities moms wives daughters students grand mothers business owners business owners every woman

**fitness membership savage coaching agency coaching mentorship** - Mar 15 2023

web competition preparation and lifestyle transformation cathy is considered to be the pioneer of fitness coaching and lifestyle transformation mentorship with over 35 years of experience she was the first person to create a team c