Microsoft Office 2016 Basics

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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.



Interface Basics

Using the Ribbon

- To hide and show the contents in the Ribbon, double-click the active tab in the Ribbon.
- To change button groups shown in the Ribbon, click the tabs at the top of the Ribbon.
- To show or hide "Contextual" tabs, click to select or click away to de-select the object.
- To access commands, click a Ribbon tab and use the buttons, boxes and menus within the command groups of the active tab.
- 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

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

Using the Quick Access Toolbar

- 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." [870000 \$100.]
- To add a button, right-click on a command button or function in the Ribbon and choose the "Add to Quick Access Toolbar" command.
- 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.
- Click the "Touch/Mouse Mode" button that appears in the Quick Access Toolbar and select either the "Mourie" 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 Sides: Bit is a second to 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

- 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.
- To use the "Zoom Slider," click and drag the slider control at the far-right end of the Status Bar.
- 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." [3].

File Management

Creating New Documents

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

- To create a new document, click either the BLANK document thumbnall or a template thumbnall (and any available variants) and then click the "Create" button.
- To find online templates, click a "Suggested searches" link or type in the "Search for Online Templates" box box and press "Enter" or click the "Start searching" button. [9]
- 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 is:

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:

- Click the "File" tab in the Ribbon and click the "Save As" command at the left of Backstage View.
- 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.
- Navigate to the location where you want to save the file in the "Save As" dialog box.
- Type a name in the "File name" text box and click the "Save" button.

Saving Documents as a PDF or XPS

POF 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:

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

Opening Documents

- 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
- Click to select the file's location ("This PC," "OneOrive" or other locations.
- Click a recent folder or the "Browse" button, at home.
 Navigate to the file to open in the "Open" dialog.
- Navigate to the file to open in the "Open" dialog box.
- 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 hamiless, 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 Bat. [Insertions]

Recovering Unsaved Documents

- Select the "File" tab in the Ribbon and choose the "Open" command at the left of Backstage View.
- Select the "Recent" command in the "Open" area in the middle pane.
- 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.
- Select the file in the "Open" dialog box in the "UnsavedFiles" folder.
- 5. Click the "Open" button. | 1 H

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understand their personal red flags that tell them they need to seek help

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web many healthcare providers require patients to create a crisis plan and may suggest that it be shared with friends and family ask your loved one if he has developed a plan a wellness recovery action plan can also be very helpful for your loved one to plan his overall care and how to avoid a crisis

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