Set Up Notifications

Notification settings are found in the Personal Menu. The **Personal Menu** contains links to your **Profile**, **Notifications**, **Account Settings**, and **Log Out**. You must set up a contact method on the Notifications page to receive instant notifications.

Access the Notifications Tool

1. Click your name on the **Minibar** to open the **Personal Menu**.
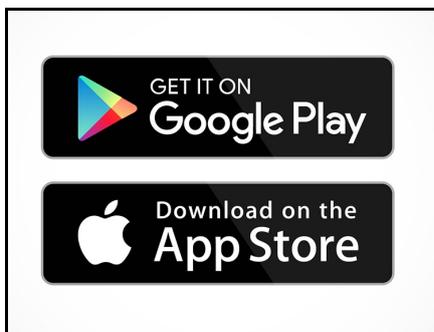

2. Click **[Notifications]** from your personal menu on the minibar.
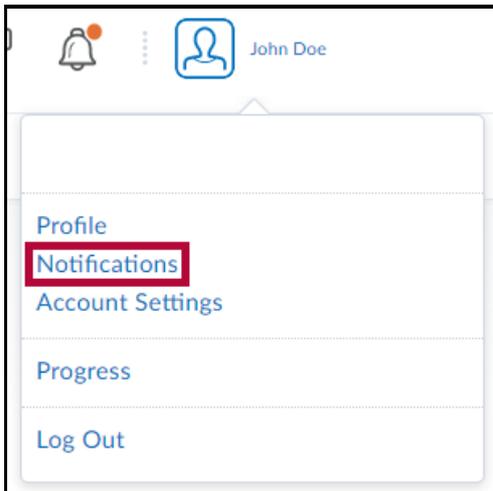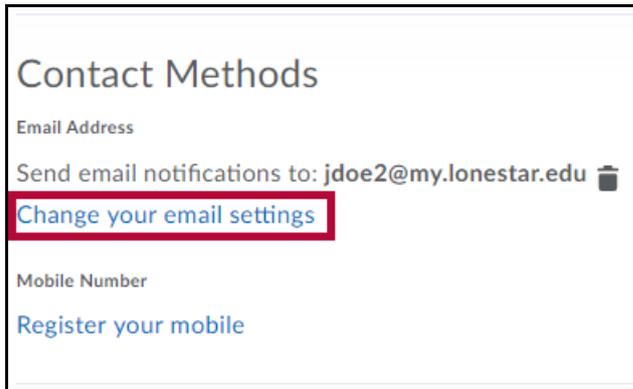

Get the Pulse App

Click on the App Store or Google Play icons while using your device to download the Pulse App.

See **Use Pulse** (https://vlac.lonestar.edu/help/use-pulse-app) for more information.

Change Your Email Settings

1. Click **[Change your email settings]** under Contact Methods on the Notifications page.


2. Select **[Use custom email]** and enter your email address in the text field. Click **[Save]**.

3. After you receive a registration confirmation in your email, click the confirmation link in the email.

Subscribe to a Summary of Activity

1. On the Notifications page, select the delivery frequency you want from the **How often?** drop-down list.

2. Select when you want to receive your summary from the **At what time?** drop-down list.
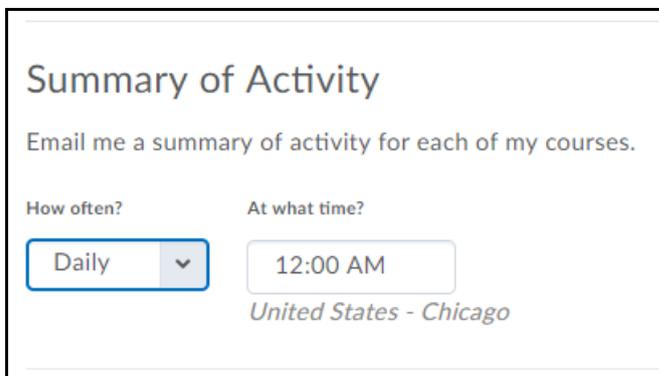
Subscribe to Instant Notifications

1. On the **Notifications** page, enable instant notifications for specific course activity and updates by selecting the **Email** check box to enable email notifications. When finished, click **[Save]**.

Exclude Some Courses

1. On the **Notifications** page, click the **[Manage my course exclusions]** link.

2. Click the **[X]** next to the course(s) you want to stop receiving notifications from.

3. When finished, click the **[Close]** button.

NOTE: For a more detailed overview of excluding courses from Notifications, see [Exclude Select Courses From Notifications (https://vlac.lonestar.edu/help/exclude-select-courses-from-notifications)](https://vlac.lonestar.edu/help/exclude-select-courses-from-notifications).