25) How to predict chemical shifts based off a chemdraw structure in Mestrenova
    a. Draw molecule in Chemdraw
    b. Copy and paste molecule into a blank page in Mestrenova
    c. In Mestrenova Predict → 1H Spectrum
26) How to change display parameters in Mestrenova: for example spectrum color, font size, etc.....
27) How to save processed spectra in Mestrenova
28) How to print processed spectra in Mestrenova
29) How to copy and paste spectra in Mestrenova
30) How to create your data folders on argenta
31) Fill out instrument problem sheet on argenta
32) No food or drink in the lab
33) Point out the oxygen sensor in the lab. If it goes off leave the room immediately
34) In the event the building alarm goes off. Leave the room immediately
35) Run three checkout samples: $CHCl_3$ in acetone (manual shim less than 0.5 Hz spinning, less than 1 Hz nonspinning), low volume D_2O, DMSO
36) How to manually run a sample
    a. Forget about the study queue and don't use it
    b. Load in the parameters for a Proton by clicking Proton in the available experiments
    c. Tune the probe using the mtune macro
    d. Manually lock the NMR
    e. Manually shim the NMR
    f. Adjust nt and d1
    g. Type **ga** to go and acquire the date
    h. Save your data to argenta
37) You must run your first five samples in the presence of the SIL staff
    a. Sample 1 date: 3/21 A
    b. Sample 2 date: 04/09/19 KW
    c. Sample 3 date: 04/02/19 KW
    d. Sample 4 date: SS 4/8/19
    e. Sample 5 date: SS 4/8/19

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Date Training completed: 4/8/2019

Trainer Signature

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