



## CareerLabsVR Training Video Series

### *Setting Up and Executing a User Experience*

Thank you for joining us on this journey of career exploration! The following video series has been developed to assist with the set-up of CareerLabsVR to optimize the user experience.

#### Video Descriptions and Set-Up Guidance:

1. **Getting Started** (hyperlink)

This video highlights the equipment that is needed to begin, in preparation for tech set-up.

*Usage Tip:*

- Ensuring that you have a secure internet connection, and that your computer is plugged into power is important!

2. **Setting Up the Headset** (hyperlink)

Using your headset with CareerLabsVR is simple and easy once you have all the tools in place. Watch the video and use the supporting resources to ensure things get started seamlessly.

*Usage Tips:*

- Download the MetaQuest/Oculus App on your PC: [www.oculus.com/setup](http://www.oculus.com/setup)
- Once the download occurs, you will need to set up an online profile for the headset. This will allow you to proceed with next set-up steps.

3. **User Experience Set-Up** (hyperlink)

Creating a safe space for users to enjoy the CareerLabsVR experiences.

*Usage Tips:*

- Oculus Set-Up Video: <https://www.youtube.com/watch?v=d73PftXZDvo>
- Hardware Set-Up Support: <http://ocul.us/questsupport>
- Always remember to ensure that you set-up or reset the Guardian when moving to a new space, or if you notice movement seems off. You can initiate this process in-headset by doing the following steps:
  1. Click the Oculus button on the right controller, a toolbar will appear.
  2. Select “Quick Settings” or click on the time that will appear on the far left of the toolbar.
  3. Select Settings – Guardian – Adjust Guardian
  4. Proceed with steps on-screen in headset

4. **Tethering Your Headset** (hyperlink)

Having your headset tethered to your computer is an important step in creating an optimal VR experience.

*Usage Tips:*

- If your headset does not prompt you to connect via Quest Link (or you can't see the endless white room), follow these steps for connection:  
With the headset on:
  1. Click the Oculus button on the right controller, a toolbar will appear
  2. Select “Quick Settings” or click on the time that will appear on the far left of the toolbar.
  3. Click *Quest Link – Launch*
- Additionally, it is important to follow the steps in the video and ensure that you authorize “unknown sources” within your Oculus application.
- If you choose to do Air Link (this will require a very strong internet connection - MetaQuest/Oculus Set-Up: <https://www.youtube.com/watch?v=W1PGpFwCOoc>)

5. **Downloading CareerLabsVR** (hyperlink)

Step by step instructions for how to download our Launcher and get started with the CareerLabsVR experiences.

*Usage Tip:*

- Use this [link](#) to open the CareerLabsVR file access page. You will have already received login credentials from your CareerLabsVR representative, and will need this to proceed after downloading.

6. **Navigating the Launcher** (hyperlink)

A brief description of what our launcher includes, and the accessible resources.

*Usage Tip:*

- Our launcher is available to use in offline mode if you do not have access to internet. The launcher must be downloaded, and all simulations updated for proper usage.
- Offline Credentials for 2022/2023 (Username: Explore – Password: Careers1!)

7. **Downloading CareerLabsVR Experiences** (hyperlink)

A closer look at what the download process looks like, and how to best execute.

*Usage Tip:*

- The training videos will download automatically first, other buttons will not activate until the videos have fully downloaded. Once the training videos complete downloading, you will be able to begin the process of downloading the simulations.

8. **Launching and Closing Our Experiences** (hyperlink)

With the evolution of CareerLabsVR, we have worked with different developers and have worked to enhance our simulations. This will highlight an easy way to close off each experience, no matter the generation.

*Usage Tip:*

- Setting up your sound settings for the user are another important part of creating a positive experience. Sound settings can be adjusted using your computer sound settings – you can either set up the sound to be in headset only, through computer speakers, or any other external display.
- Depending on the headset set-up, you may also have to authorize the headset and computer to share sound. This setting can be accessed via the Oculus application on your computer.
  1. Click on the connected device, this will bring up a menu to the right.
  2. Ensure that “hear audio via computer” is activated.

9. **Movement Mechanics** (hyperlink)

The differences in our experiences explained, along with access to a resource to help you best understand which features each experience has to offer.

*Usage Tips:*

- [CareerLabsVR Simulations Mechanics Overview 2022.docx](#)

10. **CareerLabsVR Resources** (hyperlink)

With a CareerLabsVR subscription, you have many valuable resources included. This provides a brief overview of our different resources and where to find them.

11. **Additional Virtual Reality Applications** (hyperlink)

Our launcher is designed to host other simulations, and there are many virtual reality applications that you can connect to with the virtual reality hardware in hand. Virtual reality creates a world of limitless possibilities for learning!

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