



SELF-HELP BIBLIOKONSELING DIGITAL BERMUATAN NILAI-NILAI WULANGREH UNTUK MENGATASI HATRED REMAJA

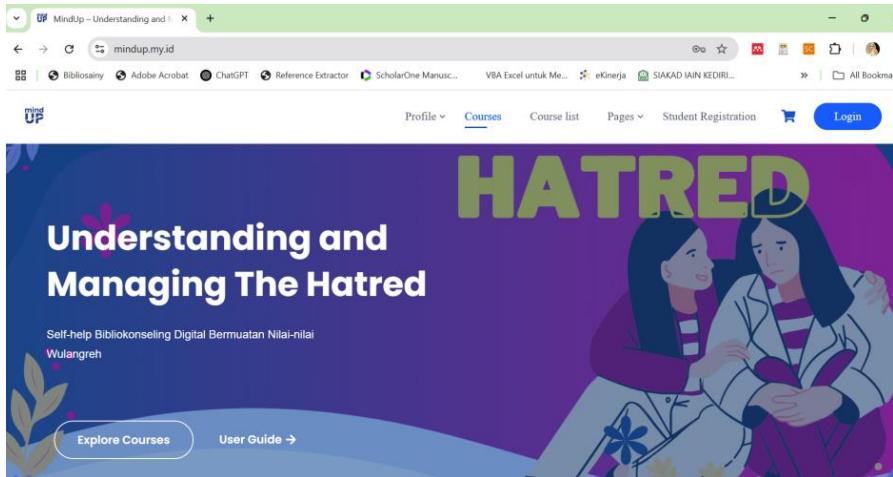
MANUAL USER

2025

MENGERJAKAN DENGAN LAPTOP

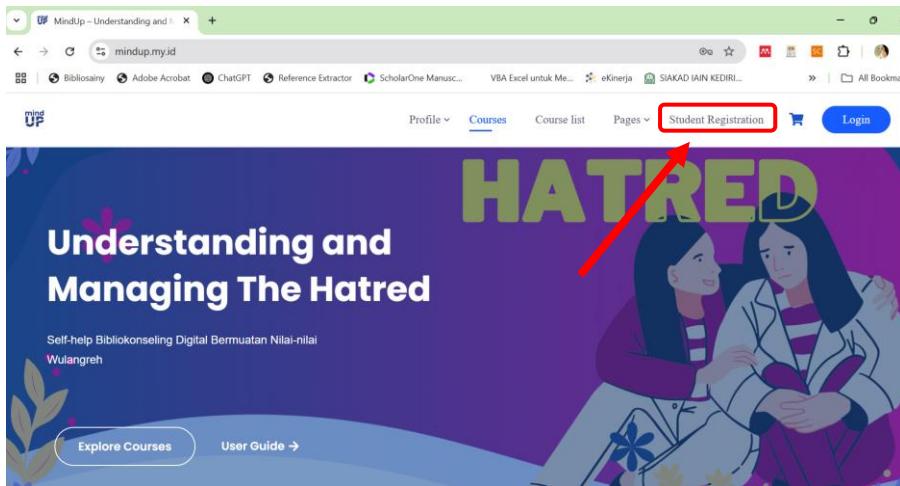
1. Membuka Website

- Buka browser di HP, laptop, atau komputer.
- Ketik alamat: **mindup.my.id**
- Tekan **Enter**.
- *Tampilan Website*



2. Membuat Akun (*Registrasi*)

- Klik tombol **SignUp Now!** atau **Student Registration**.



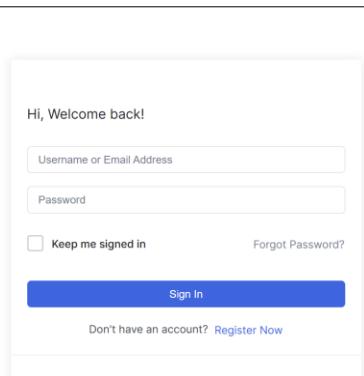
- Isi formulir pendaftaran:
 - **First Name:** Isi nama depanmu.
 - **Last Name:** Isi nama belakangmu.
 - **Username:** Buat nama pengguna (boleh huruf dan angka).
 - **Email:** Masukkan email aktif.
 - **Password:** Buat kata sandi rahasia.
 - **Password Confirmation:** Ketik ulang kata sandimu.

First Name	<input type="text"/>
Last Name	<input type="text"/>
User Name	<input type="text"/>
E-Mail	<input type="text"/>
Password	<input type="password"/>
Password confirmation	<input type="password"/>
By signing up, I agree with the website's Terms and Conditions	
<input type="button" value="Register"/>	

- Setelah semua diisi, klik **Register**.

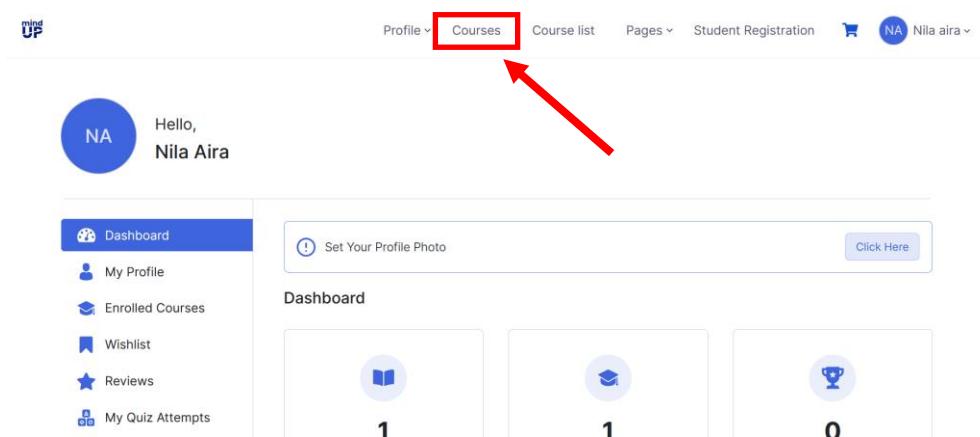
3. Login ke Website

- Setelah mendaftar, klik **Login** Masukkan **Username** dan **Password** Klik **Masuk**.



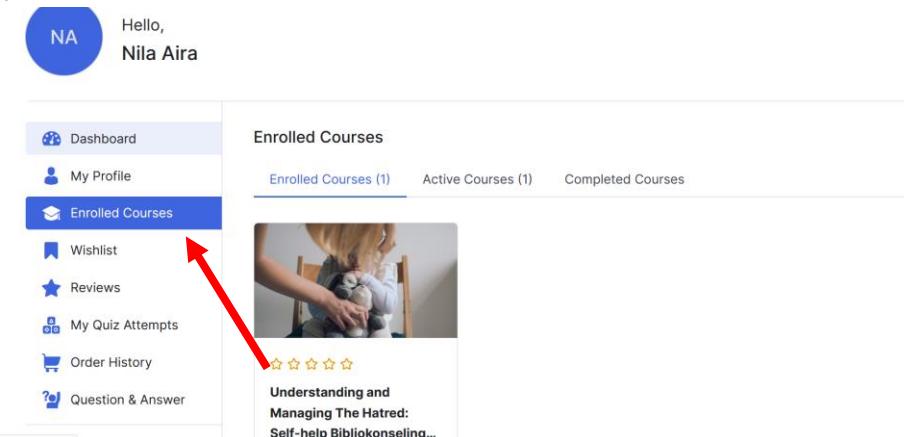
A screenshot of a login form titled "Hi, Welcome back!". It contains fields for "Username or Email Address" and "Password", a "Keep me signed in" checkbox, a "Forgot Password?" link, a "Sign In" button, and a "Register Now" link.

- Begini tampilan setelah *login*, klik menu “**course**” bagian atas jika belum pernah memilih course



A screenshot of a dashboard for a user named "Nila Aira". The top navigation bar includes "Profile", a red-highlighted "Courses" button, "Course list", "Pages", "Student Registration", and a user profile icon. A red arrow points from the text above to the "Courses" button. The sidebar on the left lists "Dashboard", "My Profile", "Enrolled Courses" (which is currently selected), "Wishlist", "Reviews", and "My Quiz Attempts". The main area shows a "Set Your Profile Photo" button and three summary cards: 1 book icon, 1 graduation cap icon, and 0 trophy icon.

- Jika sudah pernah mengisi course maka klik “enrolled courses” di bawah menu “my profile”



A screenshot of the "Enrolled Courses" page. The sidebar shows "Dashboard", "My Profile", a red-highlighted "Enrolled Courses" button, "Wishlist", "Reviews", "My Quiz Attempts", "Order History", and "Question & Answer". A red arrow points from the text above to the "Enrolled Courses" button. The main content area shows a course card for "Understanding and Managing The Hatred: Self-help Bibliokonseling..." with a thumbnail image of a person, a 5-star rating, and course details.

4. Memilih Courses (Kelas)- jika belum pernah memilih course

- Setelah masuk di “course”, Scroll ke bawah sampai menemukan bagian Choose Your Courses dan klik “Enrol Course” pada materi understanding and managing the hatred...” seperti tampilan di bawah ini

The screenshot shows the MindUp platform interface. At the top, there are navigation links: Profile, Courses (which is underlined), Course list, Pages, Student Registration, and a shopping cart icon. Below the header is a large banner for a course titled "HATRED" with the subtitle "Understanding and Managing The Hatred". The banner features two women sitting together. Underneath the banner, there's a sub-section titled "Choose Your Courses" with a sub-sub-section "Choose Your Courses". A red arrow points to the "Enroll Course" button for the first course listed.

- Lihat daftar courses (kelas) yang tersedia.
- proses *enroll* selesai. Lalu klik “start learning”

The screenshot shows the "Course Progress" section. It displays a progress bar with "0/13" lessons completed at "0% Complete". Below the progress bar is a blue "Start Learning" button. To the right of the button is a call-to-action box: "Complete all lessons to mark this course as complete". At the bottom, it shows the enrollment date: "You enrolled in this course on May 27, 2025". A red arrow points to the "Start Learning" button.

5. Mulai Belajar

- Setelah *enroll*, kamu sudah bisa membuka materi.
- Klik bagian “pembuka” untuk mulai membaca atau menonton video juga mengisi angket.

The screenshot shows a course content page. On the left, there's a sidebar titled "Course Content" with sections like "Pembuka", "DAFTAR ISI", "PENGANTAR", "SELF REMINDER" (which is marked as complete), and "BAGAIMANA CARA MENGGUNAKAN SELF HELP INI?". The main content area has a title "SELF REMINDER" and some text about managing negative emotions.

6. Menyelesaikan Bagian

- Setelah selesai belajar satu bagian, jangan lupa selalu klik “**mark as complete**”, Ini supaya kamu bisa lanjut ke bagian berikutnya!

- Klik tombol Mark as Complete.**

The screenshot shows a course content page. On the left, there's a sidebar titled "Course Content" with sections like "Pembuka", "DAFTAR ISI", "PENGANTAR", "SELF REMINDER" (which is marked as complete), and "BAGAIMANA CARA MENGGUNAKAN SELF HELP INI?". The main content area has a "Mark as Complete" button highlighted with a red arrow.

8. Materi inti

- Mulai **bagian 1 sampai bagian 7**, jika ada tampilan seperti ini silahkan scroll ke bawah di bagian gambar untuk membaca materi keseluruhan

The screenshot shows a sidebar with chapters like "Bagian 1 – APA ITU HATRED?", "Bagian 2 – APA ITU NILAI-NILAI WULANGREH?", etc. The main content area displays a slide titled "APA ITU HATRED?" with a red arrow pointing to it. The slide content includes "BAGIAN 1 APA ITU HATRED?", a cartoon illustration of two people, and a navigation bar at the bottom.

9. Menyelesaikan Courses

- Setelah semua bagian selesai dan sudah di-**Mark as Complete**, kamu akan mendapatkan **status selesai**.
 - Selesai! 
-

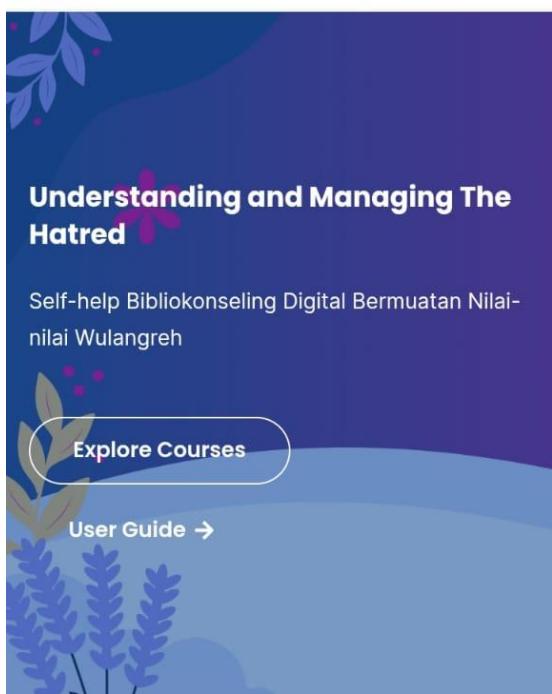
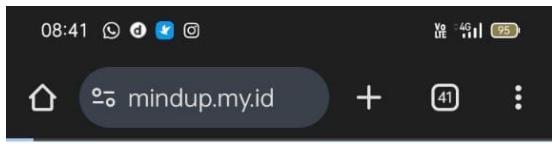
Catatan Penting

- Jangan lupa klik **Enroll** sebelum mulai belajar.
- Selalu klik **Mark as Complete** setelah selesai satu bagian.
- Jika lupa password, klik **Forgot Password**.

MENGERJAKAN DENGAN HANDPHONE /HP

1. Membuka Website

- Buka browser di HP, laptop, atau komputer.
- Ketik alamat: **mindup.my.id**
- Tekan **Enter**.
- *Tampilan Website*



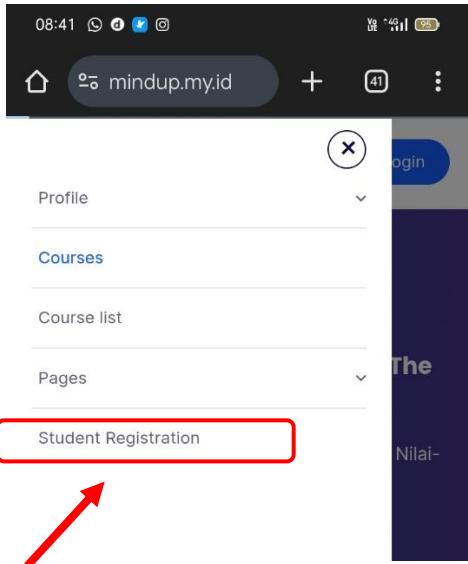
Choose Your Courses

Learning often happens in classrooms but it doesn't have to. Use MindUp to facilitate learning experiences no matter the context.



2. Membuat Akun (*Registrasi*)

- Klik tombol garis tiga sebelah menu *Login* lalu klik “**Student Registration**”



- Isi formulir pendaftaran:
 - **First Name:** Isi nama depanmu.
 - **Last Name:** Isi nama belakangmu.
 - **Username:** Buat nama pengguna (boleh huruf dan angka).
 - **Email:** Masukkan email aktif.
 - **Password:** Buat kata sandi rahasia.
 - **Password Confirmation:** Ketik ulang kata sandimu.
 - Setelah semua diisi, klik **Register**

A screenshot of the 'Student Registration' form. The form consists of several input fields: 'First Name', 'Last Name', 'User Name', 'E-Mail', 'Password', and 'Password confirmation'. Below the form, there is a small text: 'By signing up, I agree with the website's [Terms and Conditions](#)'. At the bottom of the form is a large blue 'Register' button.

3. Login ke Website

- Setelah mendaftar, klik **Login** Masukkan **Username** dan **Password** Klik **Sign In**.

Hi, Welcome back!

Username or Email Address

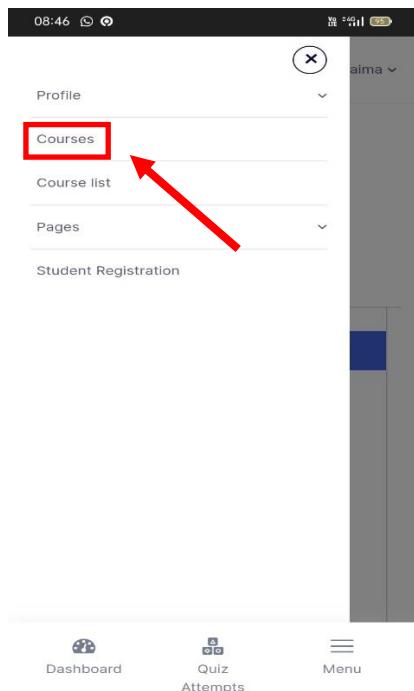
Password

Keep me signed in [Forgot Password?](#)

Sign In

Don't have an account? [Register Now](#)

- Setelah *login* klik lagi baris tiga yang ada di atas (samping nama profil), lalu klik **“course”**, jika belum pernah memilih course



- **Jika sudah pernah mengisi course** maka langsung klik materi course yang ada di bawah ini (gambar kiri), dan tampilannya akan muncul seperti gambar kanan, klik materi sesuai urutan mulai dari “**pembuka**” dan selesaikan hingga “**penutup**”

The left screenshot shows the user's dashboard with course statistics:

- Enrolled Courses: 1
- Active Courses: 1
- Completed Courses: 0

The right screenshot shows the course details page for the same course. A red arrow points from the course title in the dashboard to the course title in the details page. A red bracket on the right side groups the 'Pembuka' (Introduction) and 'Penutup' (Conclusion) sections under the 'Course Content' heading.

Dashboard

Enrolled Courses: 1
Active Courses: 1
Completed Courses: 0

In Progress Courses

Understanding and Managing The Hatred: Self-help Bibliokonseling Digital Bermuatan Nilai-nilai Wulangreh

Completed Lessons: 4 of 13 lessons
31% Complete

Course Details

Rating: 0.00

Understanding and Managing The Hatred: Self-help Bibliokonseling Digital Bermuatan Nilai-nilai Wulangreh

Categories: Hatred | Wishlist | Share

About Course

Self-Help Bibliokonseling Digital Bermuatan Nilai-Nilai Wulangreh untuk Mengelola Hatred Remaja adalah sebuah panduan manajemen emosi yang dirancang untuk membantu remaja dalam menghadapi perasaan negatif dan merasa tidak nyaman.

+ Show More

Course Content

- Pembuka
 - DAFTAR ISI
 - PENGANTAR
 - SELF REMINDER
 - BAGAIMANA CARA MENGGUNAKAN SELF HELP INI?
- Pembahasan
- Penutup

4. Memilih Courses (Kelas)- jika baru pertama mengerjakan

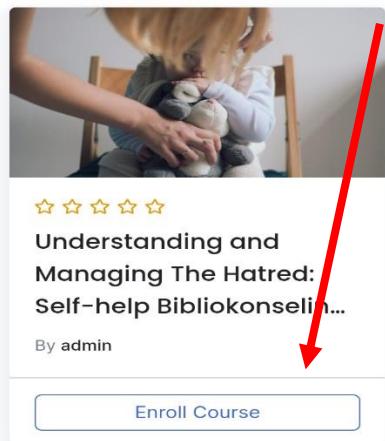
- Setelah masuk di “course”, Scroll ke bawah sampai menemukan bagian **Choose Your Courses** dan klik “Enrolled course” pada materi *understanding and managing the hatred...* seperti tampilan di bawah ini



Choose Your Courses

Learning often happens in classrooms but it doesn't have to. Use MindUp to facilitate learning experiences no matter the context.

[Browse Courses →](#)



5. Mulai Belajar

- Setelah *enroll*, kamu sudah bisa membuka materi (gambar kiri).
- Klik bagian “**pembuka**” untuk mulai membaca setiap selesai klik “**mark as complete**” yang ada di bawah materi. Lanjutkan untuk materi selanjutnya atau menonton video juga mengisi angket hingga “**penutup**”.

The image consists of two side-by-side screenshots from a mobile web browser. The left screenshot shows a course page titled "Understanding and Managing The Hatred: Self-help Bibliokonseling Digital Bermuatan Nilai-nilai Wulangreh". Below the title, there's a course description and a "Course Content" section. This "Course Content" section is highlighted with a red box and has a red arrow pointing to it from the bottom-left. The "Course Content" section contains three main categories: "Pembuka", "Pembahasan", and "Penutup". The "Pembuka" category is expanded, showing sub-sections like "DAFTAR ISI", "PENGANTAR", "SELF REMINDER", and "BAGAIMANA CARA MENGGUNAKAN SELF HELP INI?". The right screenshot shows a slide with a yellow background featuring a cartoon character of a woman speaking. Two speech bubbles are present: one above her head containing the text "HATRED adalah perasaan intens yang muncul akibat rasa tersakiti atau ketidakadilan....." and another below her containing "Penyebab hatred bisa dari faktor internal dan eksternal". At the bottom of the slide, there's a progress bar indicating "31% Complete" and a blue button labeled "Mark as Complete". The browser interface at the top shows the URL "mindup.my.id/stu", the time "09:46", and various status icons.

8. Menyelesaikan Courses

- Setelah semua bagian selesai dan sudah di-**Mark as Complete**, kamu akan mendapatkan **status selesai**.
 - Selesai! 
-

Catatan Penting

- Jangan lupa klik **Enroll** sebelum mulai belajar.
- Selalu klik **Mark as Complete** setelah selesai satu bagian.
- Jika lupa password, klik **Forgot Password**.