ICNC iPhone Mobile App Manual 1.2

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I. Downloading the ICNC app

- To download the ICNC app, type “ICNC Online Courses” into the App Store. Click on the ICNC image and click on “Get” to start downloading the app.
II. Registration

- Do you already have an account with ICNC Online Courses? If so, click on “Have an account? Sign in” and enter your email address and password.
- If you have not set up an account with ICNC Online Courses, please follow these instructions:
  - On the ICNC mobile app homepage, tap on “No account? Register here.”
• Fill out all of the required fields shown in the screenshot below. You can fill out fields by tapping inside each registration field and typing in your answer. For your username, ICNC recommends using “first name.last name”, so that other users can easily identify who you are. For example: “John.Smith”
- Tap on “Show optional fields”. These fields are not required, but we suggest filling them out.
Once you have filled out all the required fields and any desired optional fields, tap on "Create my account"
- You will receive an activation email from icnonlinecourses@nonviolent-conflict.org. You must go to your email account and click on the activation link in the email.

Activate Your ICNC Online Courses Account

Thank you for creating an account with ICNC Online Courses!

There's just one more step before you can enroll in a course: you need to activate your ICNC Online Courses account. To activate your account, click the following link. If that doesn't work, copy and paste the link into your browser's address bar.

https://courses.nonviolent-conflict.org/activate/eb2dd6517b0245529c30e89e4e1eb75d

If you didn't create an account, you don't need to do anything, you won't receive any more email from us. If you need assistance, please do not reply to this email message. Check the help section of the ICNC Online Courses website.

- Return to the mobile app.
- If you have already enrolled in a course, you will immediately see the course in My Courses (Left screenshot).
- If you have not enrolled in any courses, you will see a prompt to “Find A Course” (Right screenshot.) When you tap on “Find A Course”, you will see all of ICNC’s mobile courses.
When you click on “Find a Course”, you will see all of ICNC’s mobile courses. The only course available for open enrollment is the Academic Online Curriculum. To enroll in a course, tap on the course name.
If the course is open for enrollment, you will see a green “Enroll now” button. You can tap on this button to enroll in the course. You will automatically be taken to that course and it will be added to My Courses.
III. Mobile App Course Use & Navigation

- Main menu
  i. To access the main menu, tap on the bars on the left side of your phone. The main menu contains: your profile page, my courses, downloaded courses & files, explore courses, my settings, and submit feedback.
ii. **Profile**

1. To edit your profile and set up a profile picture, tap on the image icon. This will take you to your profile page.
2. Fill out any information you would like to share with fellow learners. Tap on the camera icon to upload a profile photo. You are able to choose between displaying a **full profile** or a **limited profile** (only shows other users your photo and username.)
iii. **My Courses**
   1. This tab will take you to all of the courses that you are enrolled in. You can tap on a course to be taken to the **Course Menu** (See pg. 18 for more info on the **Course Menu**).
iv. **Downloaded Courses & Files**

This tab will take you to all of your downloaded courses and files. See section six of this guide for more information on Downloaded Courses & Files.
v. **Explore All Courses**
This tab will take you to all of ICNC’s available mobile courses. The Academic Online Curriculum is the only openly available course. Follow the registration instructions at the beginning of this guide for more information on how to enroll in courses.
vi. **My Settings**
You can change settings to determine if content is downloaded only through Wi-Fi or through cellular data.
IV. Submit Feedback
Clicking on Submit Feedback will open up an email to icnonlinecourses@nonviolent-conflict.org.
You can send feedback on glitches or other technical errors.
• Course Menu
  i. Course
    1. You can view the **course outline** and access all course content, such as PDFs, videos, discussion forums, etc. by clicking on the **Course** tab.
ii. **Videos**

1. If you want to view only course videos, click on the **Video tab**.
   
a. Only videos that can be downloaded in the mobile app will appear in the **Video tab**.
iii. **Discussion**
   1. You can access all of the course discussions through the **Discussion** tab. Please note that discussions can only be accessed when connected to the Internet.
iv. **Handouts**

1. You can access a table of contents, required readings, and videos through the **Handouts** tab.
   a. Please note that course links in the table of contents will open in your phone's web browser, **not** within the mobile app.
v. **Announcements**
   1. Users can find course information, updates, and the learner’s location map here.
      a. As with **Handouts**, any links in **Announcements** will open up in your phone’s web browser.
V. Accessing Course Content & Features
   i. Accessing Course Units

   1. After you click on **Course** (see pg…), you will see section titles and subsection titles. You cannot click on section titles. To access the course units, click on the subsection titles.

   ![Course Unit Table]

   **ICNC Blog, NVC News & Course Organizer Bios**
   
   **Nonviolent Conflict News**
   
   **About ICNC & Course Organizers**
   
   **Your Technical Questions & Our Answers**
   
   **Technical Q/A**
   
   **Module 1. Welcome and Introductions (Feb. 8th-Feb. 12th)**
   
   **Intro to Module 1**
   
   **Participant Bios**
   
   **Participant’s Community**
   
   **Learning & Navigation Tips**
2. After you’ve clicked on a subsection title, you will see all of the available units. To see the content in each unit, click on the unit title.
3. After clicking on the unit name, you will need to click on **Download** and be connected to the Internet to see its content.
ii. **Accessing PDFs**

1. Some units contain PDFs, such as the example shown below. To access PDFs, click on the PDF link, as shown below in the left screenshot.

2. The PDF will open up within the mobile app. Please note that if you want the PDF downloaded on your phone outside of the mobile app, please use the share button at the bottom of the PDF to save it to iBooks or another iOS PDF reader.
Nonviolent Action and Its Misconceptions: Insights for Social Scientists

Kurt Scheck, Rutgers University

Introduction

Prior to the wave of people power movements that erupted across the globe in the late twentieth century, scholars of social movements and revolution were skeptical of the potential for political change to result from nonviolent means. The beginning of the twenty-first century changed this, as unprecedented social movements began turning their attention to a topic once addressed primarily by peace activists: nonviolent political action. In contrast to social revolution, nonviolent political action is in some instances far more effective. This is because it is often easier for people to participate in, and in the end, it is often more effective at achieving its goals. As a result, nonviolent political action is often more successful in the long run. (For a more detailed discussion of nonviolent political action, see Scheck 2008.)

Nonviolent Action and Its Misconceptions

What is nonviolent action? As its name implies, nonviolent action is any action that does not involve the use of physical force against human beings. More specifically, nonviolent action is any action that does not involve the use of violence, such as physical, sexual, economic, social, political, or moral violence. It includes both the use of nonviolent means and the refusal to use them. For instance, a nonviolent action would be sitting down in a nonviolent protest. However, a nonviolent action would not be violent if it were used in a violent protest. (For a more detailed discussion of nonviolent political action, see Scheck 2008.)

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iii. Videos

1. ICNC’s online courses uses two types of videos: **YouTube videos & Downloadable videos**.

2. YouTube videos will usually be found **within course units**. YouTube videos cannot be watched offline or downloaded. Users can watch YouTube videos within the mobile app.
a. When you click on the YouTube video, it will begin playing in your mobile app. To watch the video full-screen, please rotate your mobile device sideways.

3. Downloadable Videos can be accessed in the **Course menu** or the **Video menu**. They will have a video icon next to them. Next to each video, you will see an arrow indicating that a video is available for a download. Tap on the video title to begin watching.
4. For full screen videos, rotate your device sideways. When in full screen view, users can click on side arrows to navigate between videos.
iv. **Surveys**

1. Google Form surveys can be filled out through the mobile app **only if the user is connected to the internet**. You can fill the form out in the same way that you would on a desktop computer.
v. **Google Docs**

1. Google Docs can be viewed, but cannot be edited within the mobile app. If you would like to edit Google Docs on your mobile device, you can download the Google Doc app and edit using that app.
vi. **Quizzes**

1. To answer a quiz question, tap on your chosen answer.

   **Knowledge Quiz on the Content of Module 2**

1. Which of the following are manifestations of civil resistance?

   - [ ] Ahimsa or Satyagraha
   - [ ] Elections
   - [ ] People Power
   - [ ] Nonviolent Direct Action

2. What did Martin Luther King write from a Birmingham Jail?
2. When finished with a quiz, tap on “Submit”. You will be able to see your score as well as which questions you answered correctly or incorrectly.
vii. **Video Conferencing**

1. ICNC provides two tools for video conferencing: **Big Blue Button** & **Jitsi Meet**. **Big Blue Button** does not work within the mobile app.

2. To use **Jitsi Meet**, you will need to download the app through your **App Store**.
3. After the download is complete, return to the mobile app, navigate to the video conference unit and click on the **Jitsi Meet link**. The video conference will launch through the Jitsi Meet app.

Click this link to open up a Jitsi Meet videoconference!
4. You will need to change your settings to give Jitsi Meet camera and microphone permission. After doing so, the video conference will launch.
viii. **Maps**

1. Learner location maps can be added through the mobile app.
2. Click on the bar symbol on the left side of the screen and then click on “+Add”.
3. Enter your name in the “Entry Name” field, any personal information about yourself you’d like to add in the “Description” field and your location in the “Enter Location” field.
ix. **Refreshing content**

1. Users can manually refresh the mobile app page to update new content. To do so, go to the course outline, drag the page down, and let go when you see the refresh symbol.
• Discussions
  i. How to post in discussion forums
     1. You can view all available discussion forums by clicking on the Discussion tab.
2. To create a **new post**, tap on the discussion forum that you want to post in. You will be able to see any posts that have been made in the discussion forum. Tap on “Create a new post.”
3. When creating a post, please follow these steps:
   a. Label your post as a “Question” or a “Discussion”.
   b. The “Topic” field will automatically display the name of the forum that you’re posting in. Make sure that this is the correct discussion forum that you want to post in.
   c. Give your discussion forum a short title
   d. Click on “Post Question” (or “Post Discussion”).
ii. **How to respond/add a comment**
   1. **Responses** are intended to be replies to the original discussion post. **Comments** are intended to be replies to responses.
      a. To add a response to the post, select “**Add A Response**.”
2. To add a comment to a response, tap on the “Add a comment” field below the response. When you have finished entering your comment, select “Submit.”
iii. **Deleting/editing posts**
   1. Users cannot delete or edit discussion posts in the app currently. Please use your web browser, either on your phone or on the computer, to delete or edit posts.

• **Group Work**
   i. Some of ICNC's courses have group work. Users will only be able to see content for the group that they are assigned to.
   ii. Before starting group work, always double-check which group you are in. Your group’s name will be in the section title. Tap on the section title to see the group content.
VI. **Downloading Course Content**

- **What can/cannot be downloaded**
  
i. The following content **can** be downloaded and accessed offline: PDFs, videos, text units, PPTs,
  
ii. The following content **cannot** be downloaded and accessed offline: Discussions, Google Forms, Google Docs, quizzes, maps, and video conferences.

- **Download prompt message**
  
i. When you tap on the download arrow, a message will pop up with the file size. Tap on "OK" to start downloading the content.
• **Downloading a course, section or unit.**
  
i. Users can download an entire course or specific sections and units
ii. To download a course, tap on **Download** at the top of the course page. A circle will appear to indicate the download’s progress.
iii. The number next to a download arrow indicates the number of downloadable files in that section. Click on the download arrow to download all of the content in a section.

<table>
<thead>
<tr>
<th>Module 1. Welcome and Introductions (Feb. 8th-Feb. 12th)</th>
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<tbody>
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<td>Participant's Community</td>
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<td>(OPTIONAL) People Power: A Strategic Gam...</td>
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<tr>
<td>Initial Knowledge Gains Survey on Nonviole...</td>
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<tr>
<td>Troubleshooting Survey</td>
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</tbody>
</table>
iv. To download units, tap on the download arrow next to the unit name. Users will not be able to access the unit without downloading it.
- **Using Downloaded Courses & Files**
  
  i. Downloaded content can be accessed in two locations: 1. Downloaded Courses & 2. Downloaded Files.
  
  ii. In Downloaded Courses, users can view the courses where they have downloaded content. When users click on a course, they will see all of the downloaded content for that course.
iii. You can access all of the files you’ve downloaded in Downloaded Courses and Downloaded Files. These files are arranged by video and then all other units.
• Deleting content
  i. Users can delete content from the course, section, and unit level. To delete content, tap on the garbage can icon next to a section or unit. You will see a pop up message confirming that you want to delete those files. Tap “OK” to delete. Deleted content can always be downloaded again later.
VII. **Icon Legend**

- Icons are displayed next to icons to help users navigate the mobile app. Please use the screenshots below as a reference point for the different icons you’ll see in the mobile app.
- Downloadable Reading Icon-units with this icon will primarily contain additional reading resources.
- Video Conferencing Icon-units with this icon will contain links for the user to enter a video conference. These will primarily be small group units.
- Presentation Slides Icon-units with this icon will primarily contain powerpoint presentations.
- Discussion Icon-units with this icon will contain discussion forums for users to make new posts and reply to other discussion posts.
- Learning Objectives/Session Description Icon-units with this icon will contain learning objectives and a brief description of that session.
- Video Icon-units with this icon will primarily contain videos (such as youtube videos).
- Group Work Icon-units with this icon will primarily contain instructions for small group assignments.
- Google Doc Icon-units with this icon primarily contain a Google Document where users can work collaboratively on an assignment. Google Docs cannot be edited within the ICNC mobile app.
- Survey Icon-units with this icon primarily contain surveys for the user to complete and submit. These surveys can be completed within the ICNC mobile app.
- Text Icon-units with this icon primarily contain written text.
- “How To” Icon-units with this icon primarily contain instructions on how to use the ICNC platform, mobile app, and other instructions.
- Map Icon-units with this icon contain a map where users can add their locations.
- ICNC News & Blog Icon-units with this icon contain either ICNC Minds of the Movement Blog or ICNC’s Nonviolent Conflict News.
VIII. **Course Features that Cannot be Accessed within Mobile App**

- Big Blue Button
- Course pages
- Links will not work within the mobile app.