

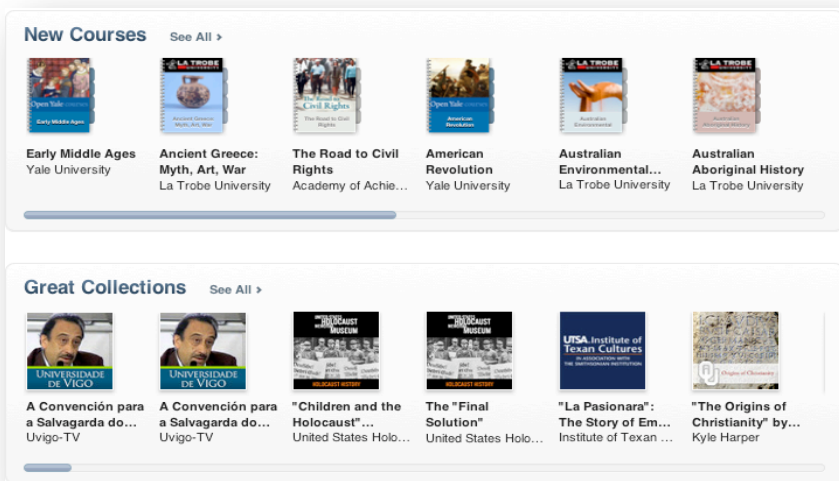
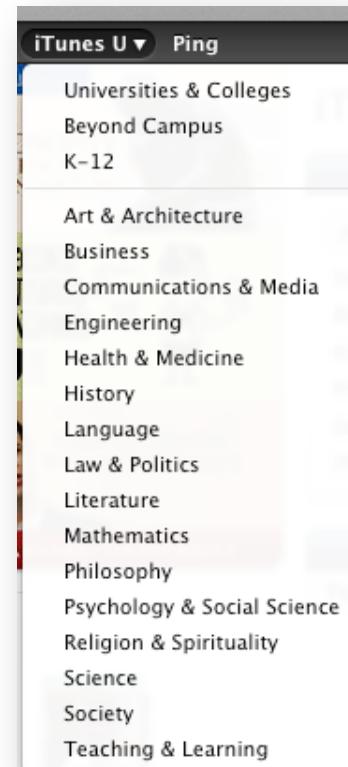
USING iTunes U to improve your academic listening skills:

iTunes U

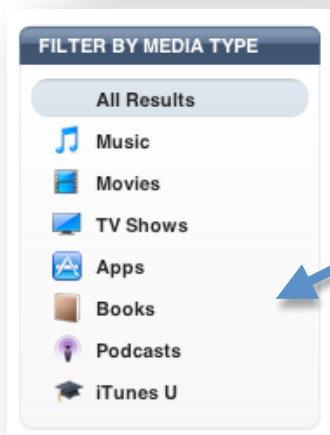
iTunes is a free program you can download from Apple. People use iTunes to organize their audio/video files and to purchase music, apps and videos from the iTunes store for their iPhones and iPads. This handout explains how to use iTunes to view free academic lectures from colleges all over the world.

To begin, you will need to download iTunes (if you don't already have it). Go to <http://www.apple.com/itunes/> click "**Free Download**" and follow the instructions.

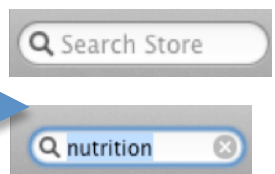
Once you have iTunes on your computer start it up. Find the iTunes U link at the top of the screen and click the down



arrow to view a list of popular topics. Click on a topic to see a list of available courses.



Another way to find content is to search for a specific topic, for example, this search for the word "nutrition." You can filter the search to iTunes U by clicking in the **filter by media type** box.



Now select a video or audio file and click play to listen. You can also

download the file and save it to your disk for playing offline, just be aware that these are often very large files that can quickly fill up your hard disk.

