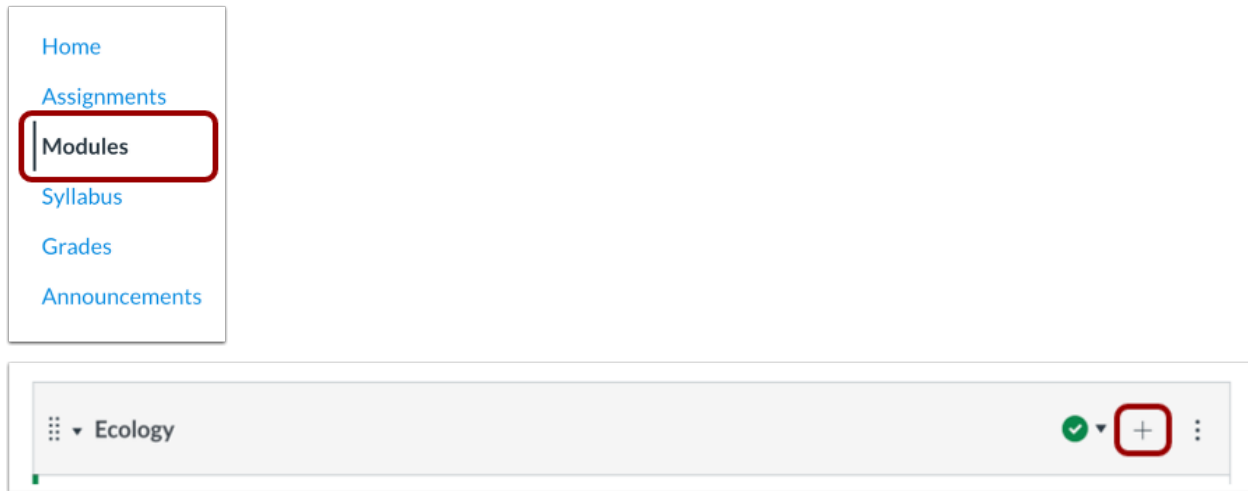# How to Add Upswing Into Your Canvas LMS as an Instructor

1. **In the Course Navigation, click on the "Modules" link**
   - Once you see your course, click the "+" icon

2. **Next, add your Module Item**
   - In the "Add [Item Type] To:" drop-down menu, select the "External URL" option
   - Paste the Upswing URL into the URL box
   - Add the name you want into the "Page Name" box
   - Check the box next to "Load in a new tab"
   - Finally, click the blue "Add Item" button