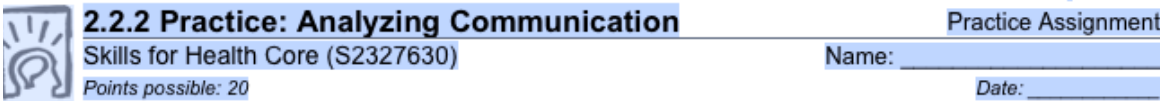
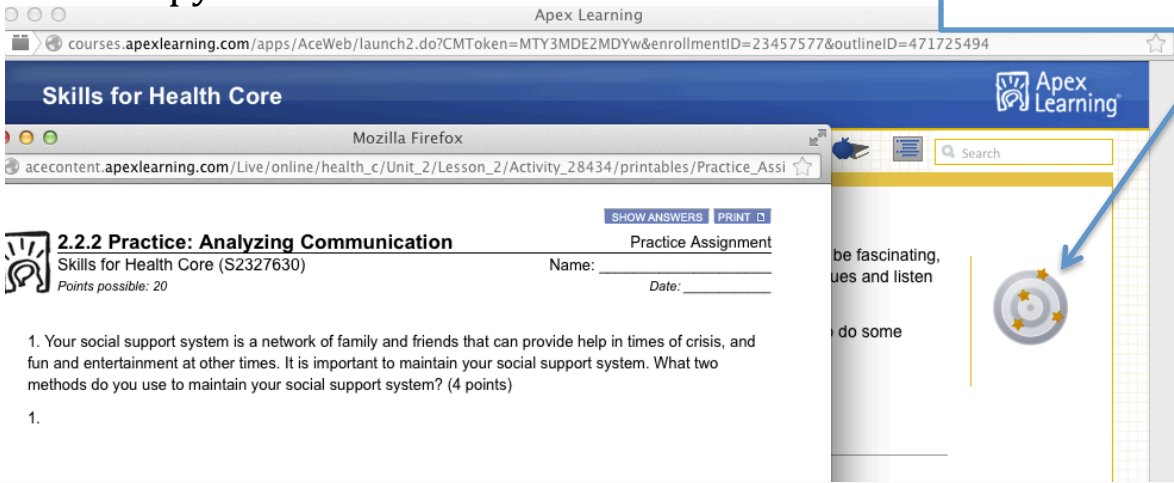


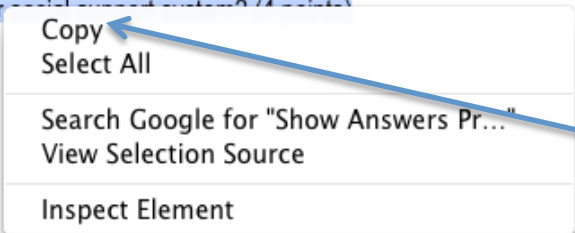
# How to Copy & Paste

1. In APEX Click on the bull's eye to open the assignment.

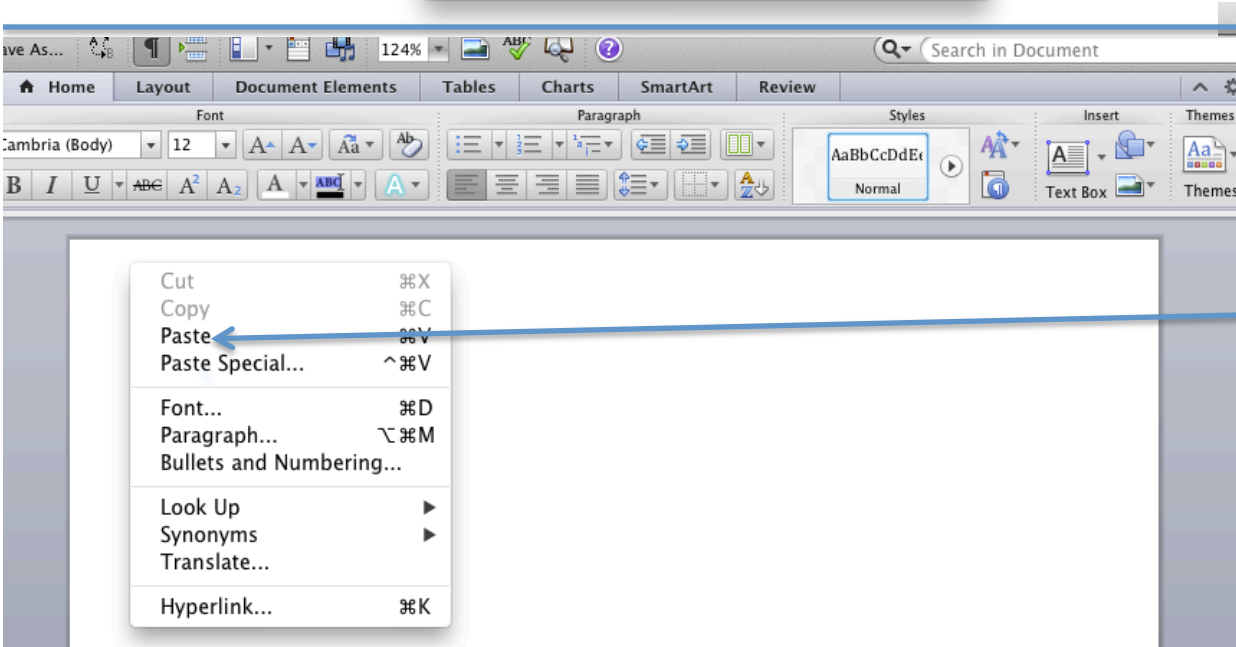


1. Your social support system is a network of family and friends that can provide help in times of crisis, and fun and entertainment at other times. It is important to maintain your social support system. What two methods do you use to maintain your social support system? (4 points)

1.



2. Make sure to highlight all of the assignment (everything should turn blue). Right click and select Copy.



3. Open a Word document. Right click and select paste.

4. Make sure to save your new word document. It would be helpful to name it as the course name and assignment number. For example this assignment would be Health 2.2.2. Once you complete the assignment, you can easily submit it to your teacher in your APEX dashboard.