

# Required basic NMR training for new users of the MRRC

Welcome to the Magnetic Resonance Research Center at the University of Notre Dame. To obtain access to our instruments, you should thoroughly review the resources listed below and pass a quiz.

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## 1. Safety and Scheduling of the Instrument Time (duration: 50 min)

View all videos on this page and read all the notes. If you have any questions, please, don't hesitate to ask us at [nmr@nd.edu](mailto:nmr@nd.edu).

- [Click here to start your Safety and Time Reservation Training](#)
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## 2. NMR training guides (duration: 1 hour 30 min)

View the video guides in this section

- [Click here to view Notre Dame NMR Operation and Concepts series](#)
  - [Click here to start your Basic NMR Operation course](#)
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## 3. Updates and Corrections

- [Click here to learn about Updates and Corrections](#) to the above training materials
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Once you completed watching all tutorial videos, email Justin Pontius to receive a quiz at [jpontius@nd.edu](mailto:jpontius@nd.edu)

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