Step 2: Check your email. You should recive an email from "JagNet Password Recovery" containing a unique Access Keyme back to this screen, enter the Access Key and click "Submit Key" (see example below):

Please check your email account. Within 5 minutes you should receive an email from this application that contains an access key. Enter that key below and click Submit Key.

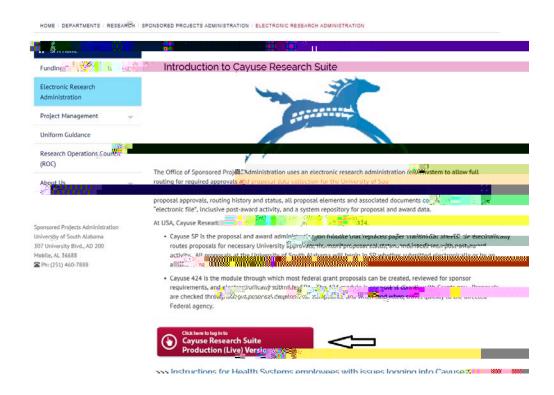


Step 3: It will then take you to the screen belowEnter what you would like for your new password (following the password requirements listed in the exampleelow) and click "Submit":



## Step 4: At this point, your new passord should be set. Please go to the following screen at

http://www.southalabama.edu/departments/research/spa/eraonline.html and click the red button:



Step 5: On the next s