

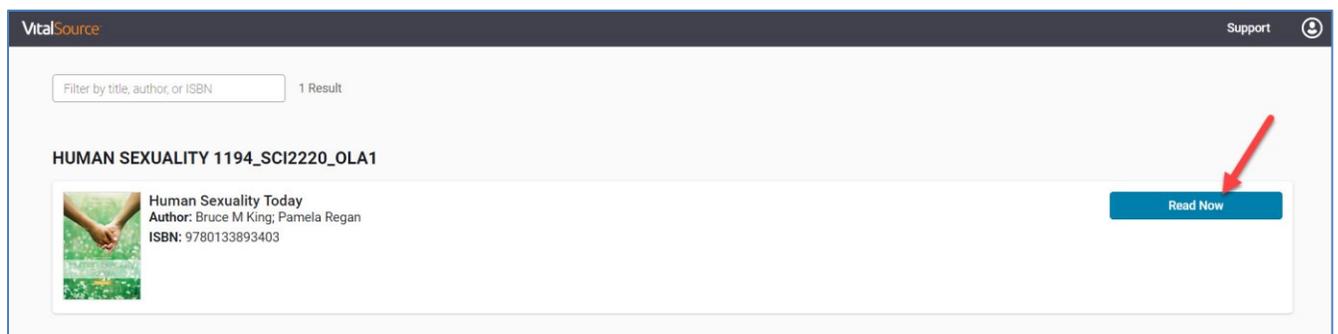
# VitalSource Student – Getting Started

## 1. Accessing your eText

Click the eText icon in the navigation panel for your course.



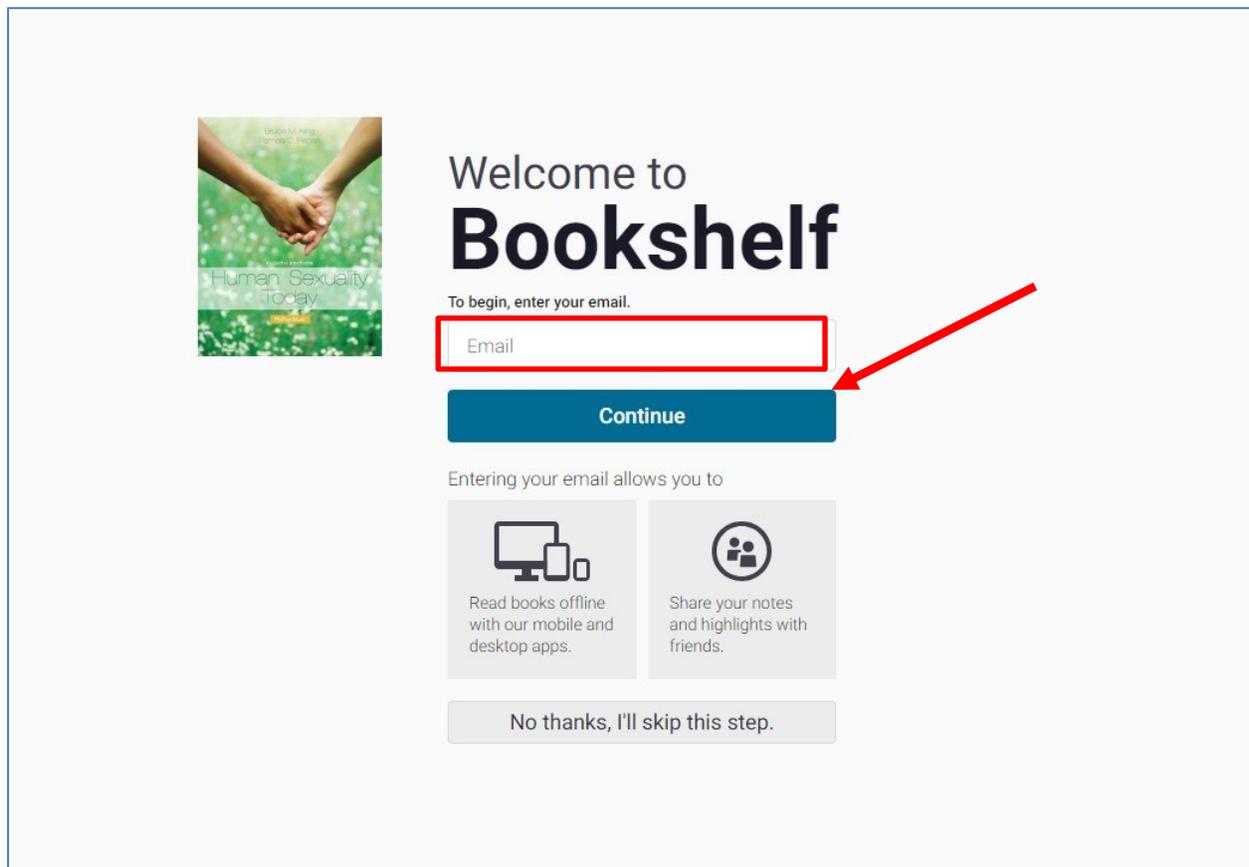
Next, click "Read Now".



## 2. Creating your Bookshelf Account

You will be given the choice to either enter your email and create an account, or continue without entering your email. It is **highly recommended** that you create an account with Bookshelf so that you will be able to use the [mobile and desktop apps](#) and also share your notes and highlights with classmates. (See p. 25 for more information about downloading the app).

Enter your Berkeley College email (first-last@mymail.berkeleycollege.edu) in the field and click "Continue".



The screenshot shows the Bookshelf welcome screen. On the left is a book cover for 'Human Sexuality Today'. The main heading is 'Welcome to Bookshelf'. Below the heading, it says 'To begin, enter your email.' There is an input field labeled 'Email' which is highlighted with a red border. A red arrow points from the right towards the 'Continue' button. Below the input field is a blue 'Continue' button. Underneath, it says 'Entering your email allows you to' followed by two icons: one for mobile and desktop apps and one for sharing notes. At the bottom is a grey button that says 'No thanks, I'll skip this step.'

Note: You will be able to view your eText from within Canvas whether or not you enter your email and create an account.

Enter the information requested in the fields below. When creating your account, be sure your password has a minimum of 8 letters, at least one uppercase and one lowercase letter, at least one special character (e.g., ~-!\$). Be sure to agree to the Terms of Use, Privacy Policy, and Cookie Policy, and click Finish.

ONS OF NURSING 1189\_NUR1100\_GA

**You're almost done!**

@berkeleycollege.edu ([change](#))

First Name

Last Name

Password ⓘ

Confirm Password

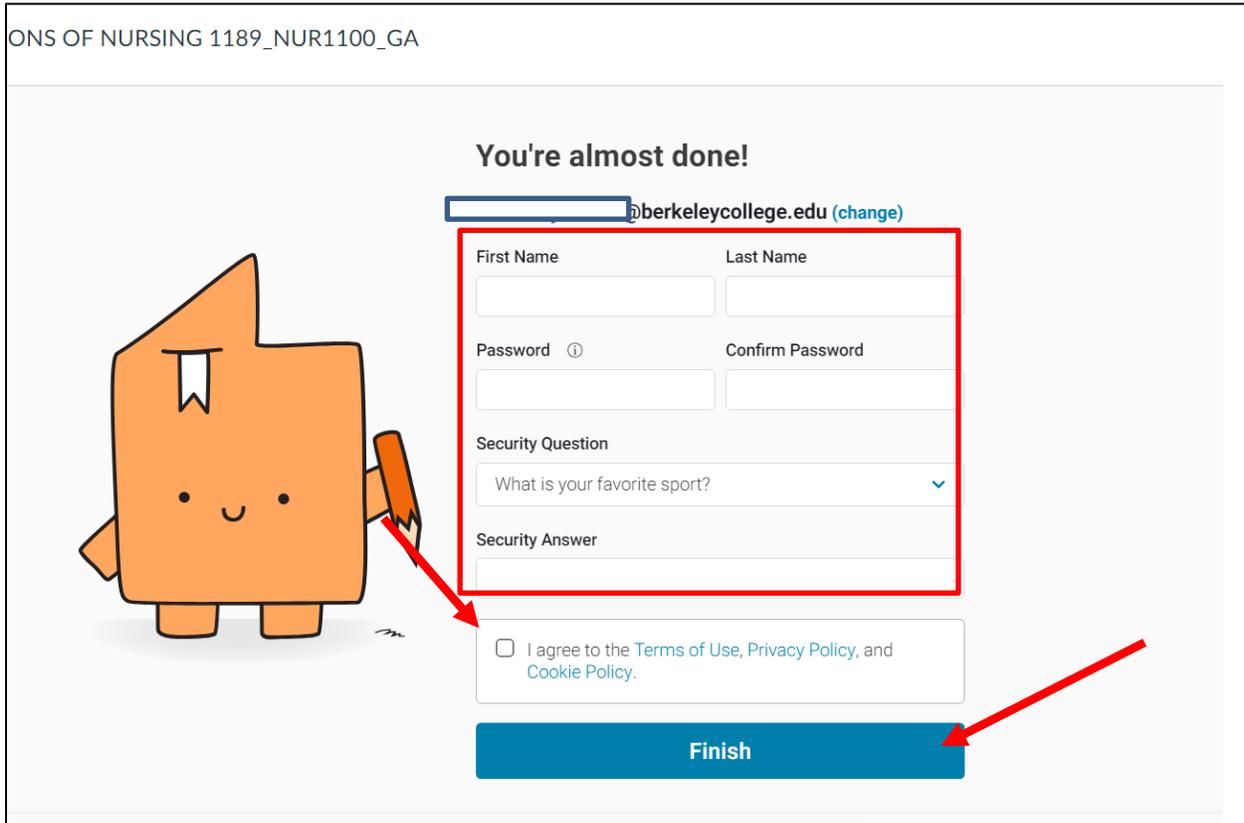
Security Question

What is your favorite sport?

Security Answer

I agree to the [Terms of Use](#), [Privacy Policy](#), and [Cookie Policy](#).

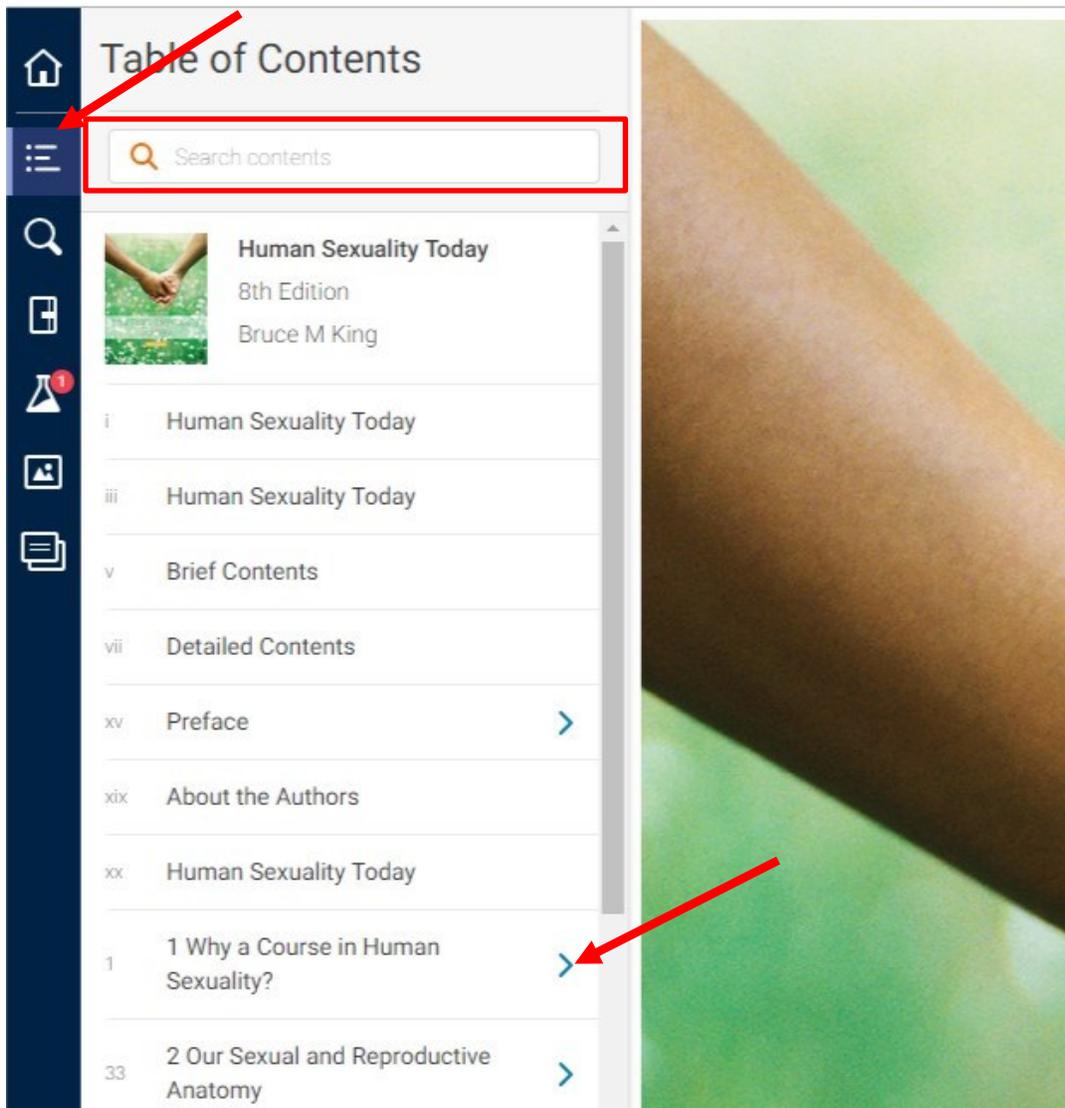
**Finish**



You will only need to complete the registration process one time, and you won't need to log into Bookshelf each time you access your eText.

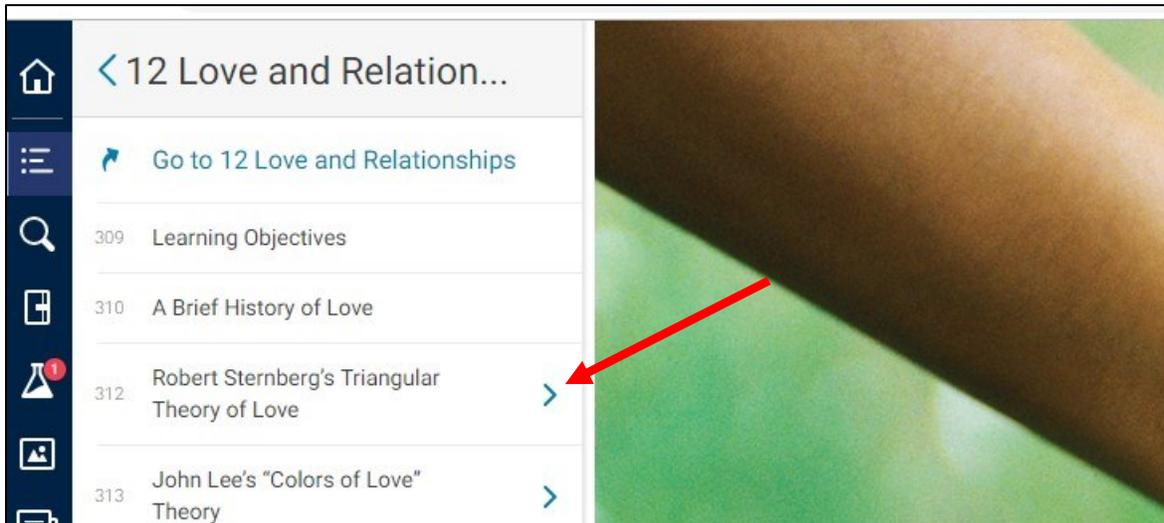
### 3. Navigating your eText

Once you're inside the eText, there are a number of things you can do. Click the Table of contents link in the Bookshelf navigation panel and then click on any of the chapters in the eText to navigate there.

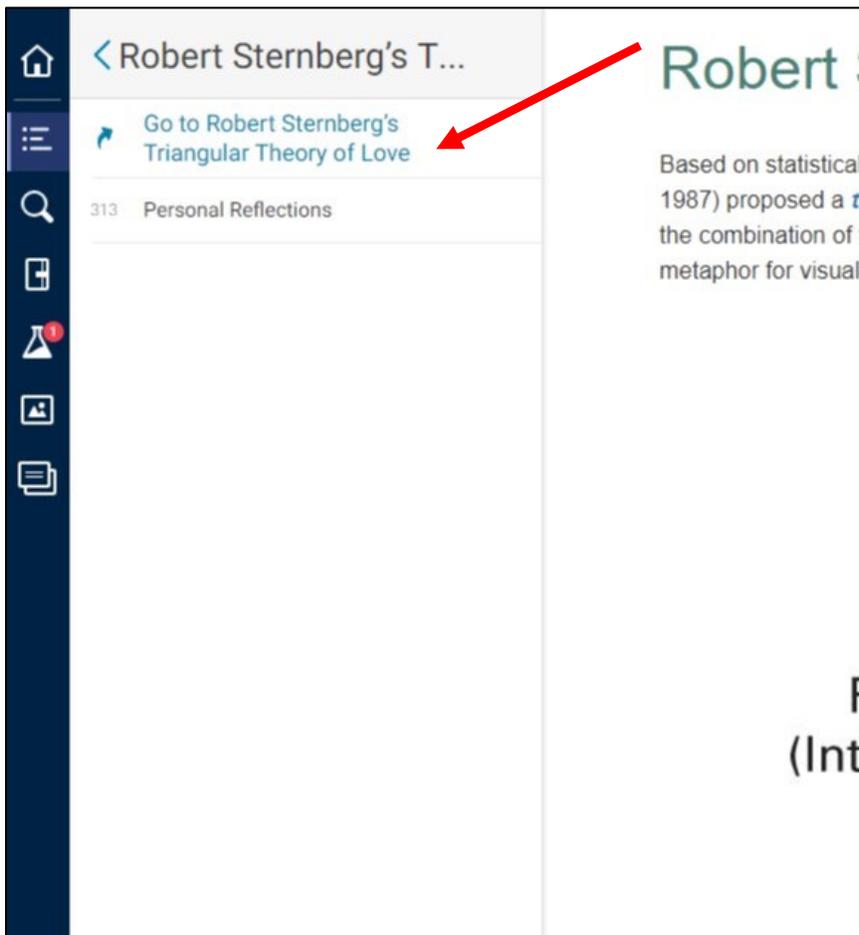


Note: You can also search for Keywords in the table of contents by typing in the Search contents box.

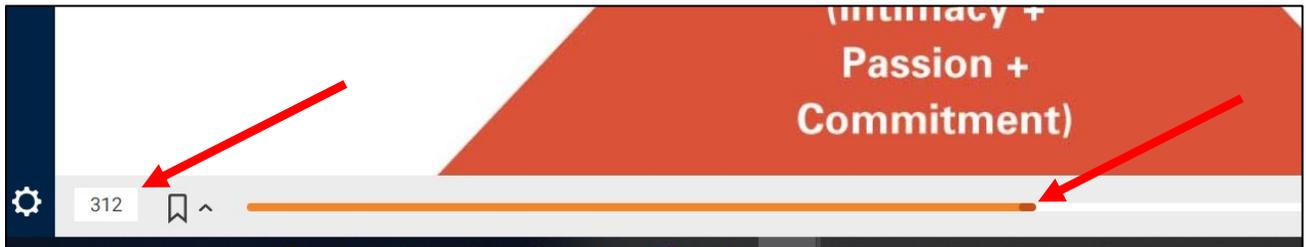
You will then be taken to another menu that will allow you to navigate the chapter to a specific topic.



And then even deeper into a specific area of the topic.

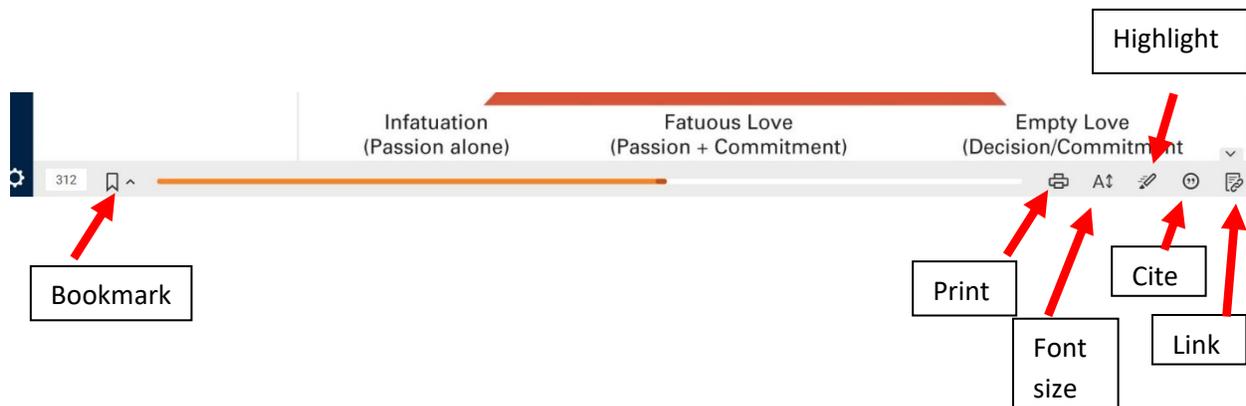


You can also navigate the eText by clicking the bottom of your screen and either entering a page number in the field at the bottom left, or by dragging the progress bar that spans the bottom of your screen.



Note: You may need to click near the bottom of your screen to see the progress bar and menu.

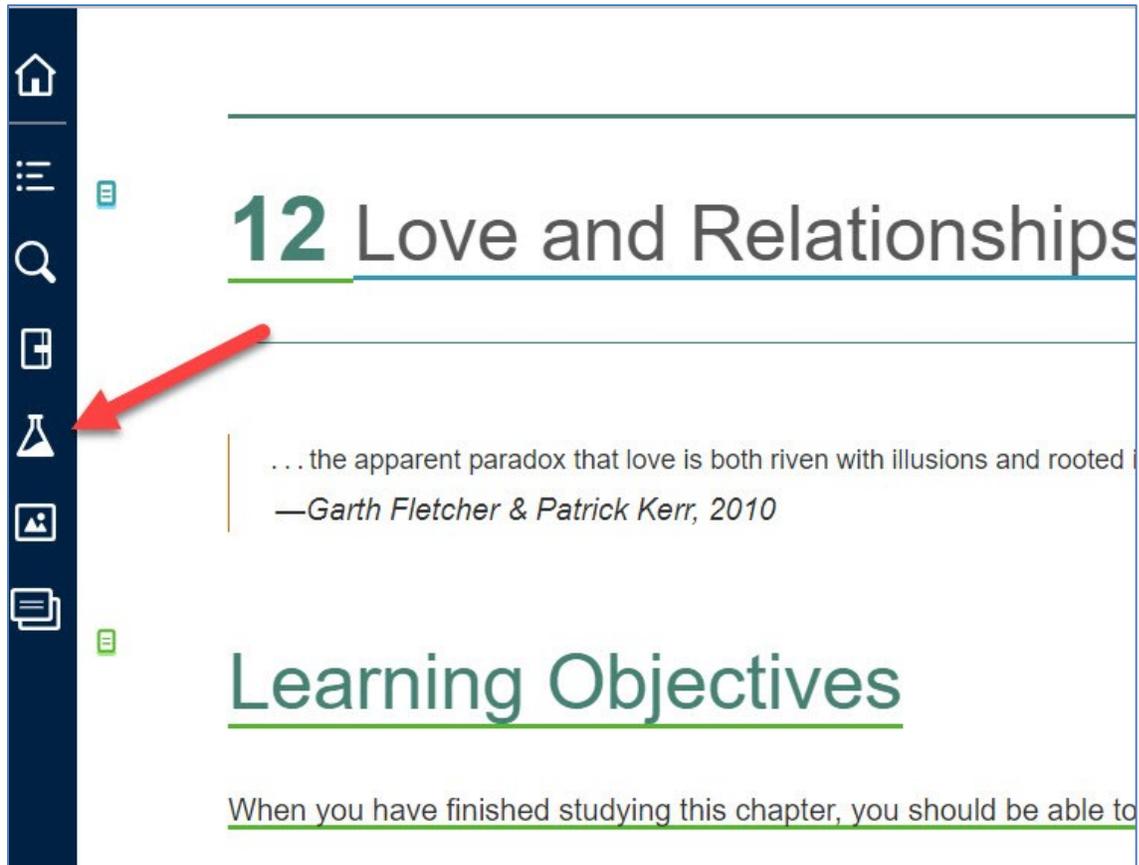
You can also use this menu to bookmark pages, print pages, change the size of the font, quick highlight, get the citation, and get a direct link to a page.



Note: You can see your bookmarked pages by clicking the arrow next to the Bookmark icon.

## 4. “Read Aloud”

If you’d like the eText read aloud, please click the “Enhanced Formatting” icon from the tool bar.



The screenshot displays a digital reading interface. On the left is a dark blue vertical toolbar containing several white icons: a home icon, a list icon, a magnifying glass (search), a document with a plus sign, a flask (the 'Read Aloud' icon), a person icon, and a document with lines (text). A red arrow points from the flask icon to the right. The main content area has a white background with a blue border. At the top, the chapter title '12 Love and Relationships' is displayed in a large green font, underlined. Below the title is a quote: '... the apparent paradox that love is both riven with illusions and rooted in...' followed by the attribution '—Garth Fletcher & Patrick Kerr, 2010'. Further down, the section 'Learning Objectives' is shown in a large green font, underlined. At the bottom, a line of text reads 'When you have finished studying this chapter, you should be able to'.

Next, click Launch, in the Read Aloud field.

The image shows a software interface with a dark blue sidebar on the left and a white main content area on the right. The sidebar is titled "Labs" and contains a list of features. A red arrow points to the "Launch" button next to "Read Aloud".

**Labs**

Labs are features in progress. We're working out the imperfections, so make sure to leave us feedback! Features may be removed without warning.

- Read Aloud [Launch](#)
- Look up in Investopedia
- Define
- ScratchPad [Launch](#)
- Night Display
- Enhanced Formatting

**Graduates**

Features ready for the real world- access them here for a bit, or find them in your reader!

- Flashcards
- Instant Highlights  ★

**12 Love and Re**

... the apparent paradox that love is both  
—Garth Fletcher & Patrick Kerr, 201

**Learning Object**

When you have finished studying this cl

- LO1 Discuss the history of
- LO2 Discuss Sternberg's t
- different kinds of love expe
- LO3 Describe Lee's differe
- relationship.
- LO4 Define passionate lov
- LO5 Discuss the associatio
- LO6 Define companionate
- LO7 Discuss research on t
- LO8 Identify and discuss th
- level of sexual experience,

In the window that opens, click Play to hear your eText read out loud. You can move forward or backward in the text, and change the speed, pitch, and volume at which the eText is read.

The screenshot displays a digital reading interface. On the left, a vertical navigation bar contains icons for home, menu, search, and document management. The main content area is titled "Read Aloud" and features three playback buttons: "backward", "Play", and "forward", each with a red arrow pointing to it. Below these buttons is a "Start reading from top" option. A red box highlights the "Rate", "Pitch", and "Volume" sliders, which are used to adjust the audio playback. The "Voice" section shows a dropdown menu set to "Microsoft David Desktop - English (Unit)".

12 Love and Relations

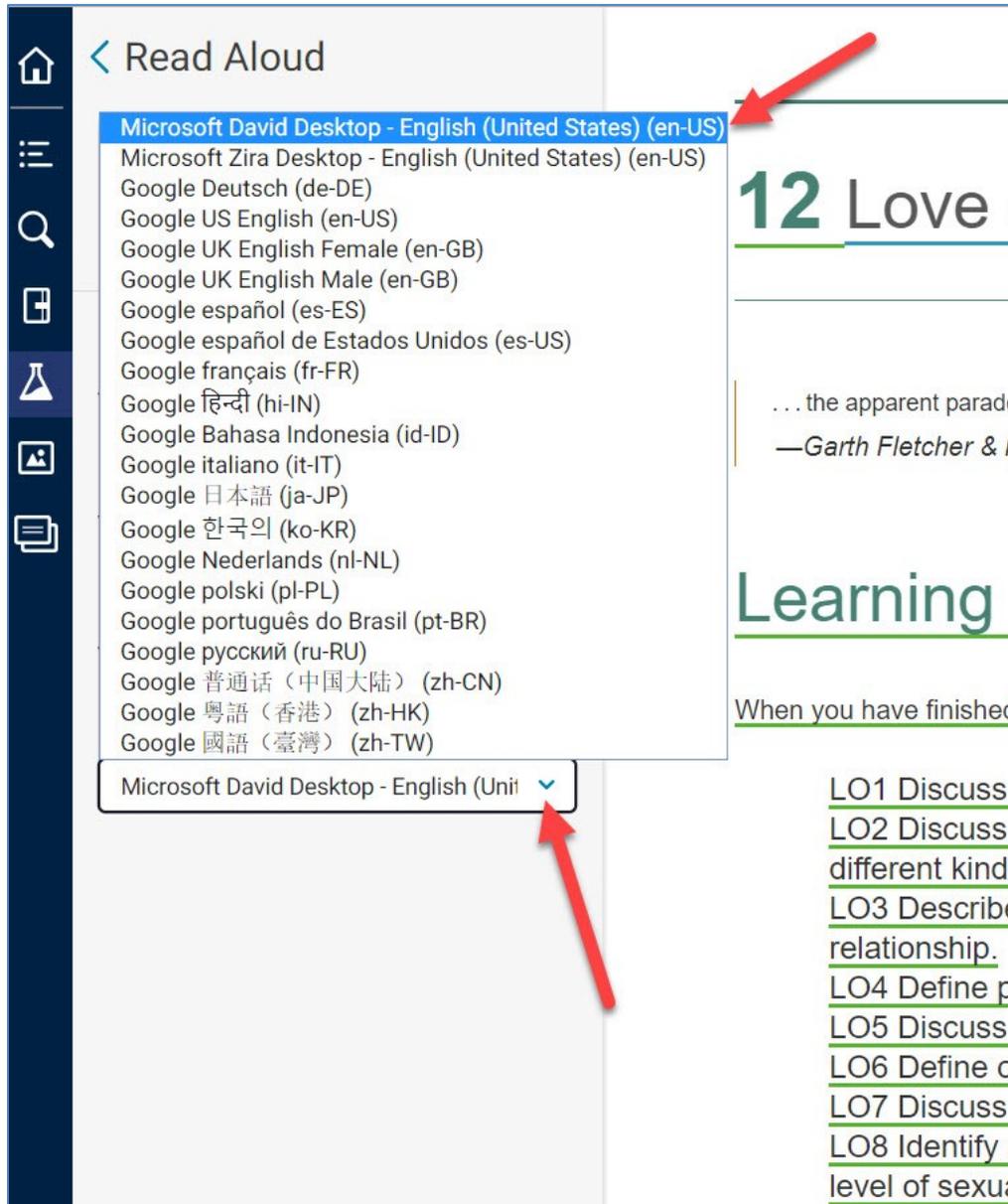
... the apparent paradox that love is both riven with illusions  
—Garth Fletcher & Patrick Kerr, 2010

### Learning Objectives

When you have finished studying this chapter, you should

- LO1 Discuss the history of love and the v
- LO2 Discuss Sternberg's triangular theor  
different kinds of love experience.
- LO3 Describe Lee's different styles of lov  
relationship.
- LO4 Define passionate love and discuss
- LO5 Discuss the association between lov
- LO6 Define companionate love and disc
- LO7 Discuss research on the biochemica
- LO8 Identify and discuss the factors that

Finally, you can also change the voice, in which the eText is read aloud. Click the menu, then choose the voice in which you would like your eText read from the selections.



Note: The Language options other than English will read the eText in a combination of English and the language selected. **It is not a full translation.**

## 5. Notes and highlights in your eText

Once you've reached the desired page in your eText, you can highlight passages and make notes. Click and drag across the area you would like to highlight.

**Robert Sternberg's Triangular Theory of Love**

Based on statistical analysis of the self-reported experiences of men and women in dating relationships, as well as on existing psychological theory and research on love, Robert Sternberg (1986, 1987) proposed a **triangular theory of love**. He suggests that all the different positive emotions (particularly those related to love) that people can have for other individuals can be understood by the combination of three basic components that form the vertices of a triangle, as shown in **Figure 12-2**. The triangle should not be viewed as a geometric model, but as a way of visualizing the way in which the three components are related.

Groovy Group

Can we really think about love scientifically?

Copy

Create Flashcard

Liking  
(Intimacy alone)

Consummate  
(Intimacy + Passion)

Companionate Love  
(Intimacy + Commitment)

Type any notes about the passage in the text box. You can even share your notes with any of your classmates that “follow you” in Bookshelf by clicking on the color with the people icon. To add public highlighters, follow the instructions on pages 15-17.

You can view any of your highlights and associated notes (as well as the highlights and notes of those you follow), by clicking the Notebook icon in the Bookshelf navigation panel.

The screenshot shows a mobile application interface with a dark blue navigation panel on the left. The panel contains icons for Home, Bookshelf, Search, Notebook, and Profile. A red arrow points to the Notebook icon. The main content area is titled "Notebook" and features a search bar, a "1 Highlights & Notes" indicator, and a list of notebook entries. The selected entry is titled "Notebook and Relationships" and dated "Mar 12, 2019". The entry content is highlighted in green and reads: "Based on statistical analysis of the self-reported experiences of men and women in dating relationships, as well as on existing psychological theory and research on love, Robert Sternberg (1986, 1987) proposed a triangular theory of love. He suggests that all the different positive emotions (particularly those related to love) that people can have for other individuals can be understood by the combination of three basic components that form the vertices of a triangle, as shown in Figure 12-2." Below the text is a note: "Can we really think about love scientifically?". To the right of the screenshot is a diagram of Robert Sternberg's Triangular Theory of Love. The diagram shows a red triangle with vertices labeled "Intimacy", "Passion", and "Commitment". The top vertex is labeled "Romantic Love (Intimacy + Passion)", the bottom-left vertex is "Infatuation (Passion alone)", and the bottom-right vertex is "Familiar Love (Intimacy + Commitment)".

## 6. Flashcards

By clicking “Create Flashcard”, you can create flashcards that contain the highlighted passage and any other information you’d like to add.

### Robert Sternberg’s Triangular Theory of Love

Based on statistical analysis of the self-reported experiences of men and women in dating relationships, as well as on existing psychological theory and research on love, Robert Sternberg (1986, 1987) proposed a *triangular theory of love*. He suggests that all the different positive emotions (particularly those related to love) that people can have for other individuals can be understood by the combination of three basic components that form the vertices of a triangle, as shown in **Figure 12-2**. The triangle should not be viewed as a geometric model, but visualizing the way in which the three components are related.

Can we really think about love scientifically?

Copy

Create Flashcard

Create a new deck to hold your flashcard.

New Deck

Liking  
(Intimacy alone)

Companionate Love  
(Intimacy + Commitment)

Infatuation (Intimacy + Passion)

Fatuous Love (Intimacy + Passion + Commitment)

Empty Love

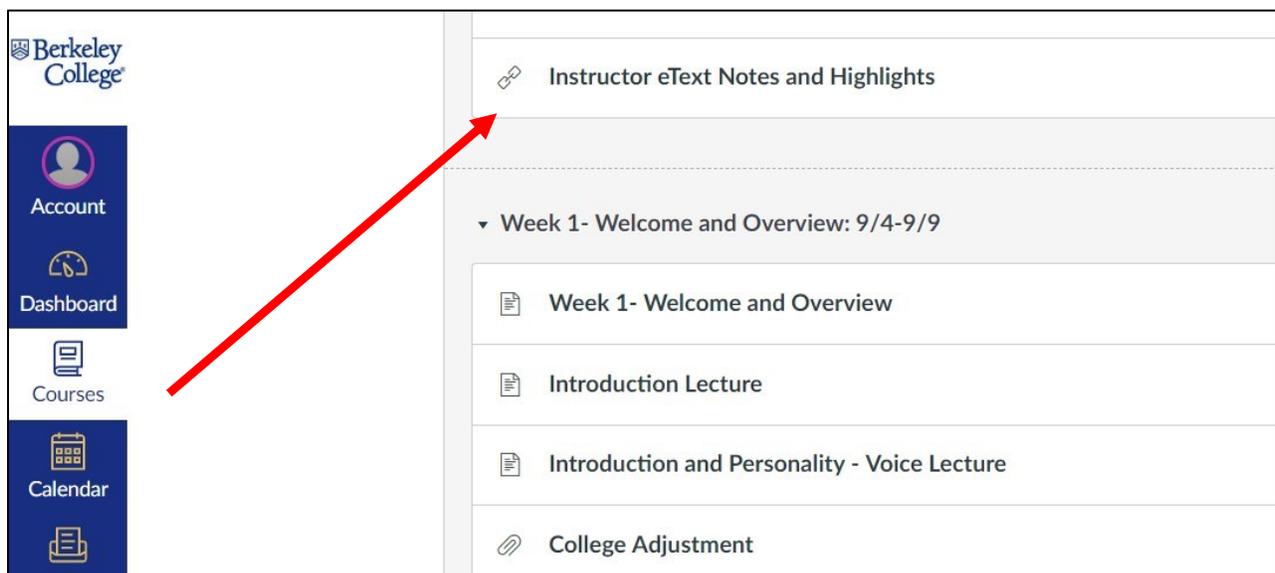
You can review your flashcards (sorted by deck) by clicking the Flashcards icon in the Bookshelf Navigation Panel.

The screenshot displays a mobile application interface. On the left is a dark blue navigation panel with several icons: a home icon, a list icon, a search icon, a document icon, a flask icon with a red notification bubble, a photo icon, and a flashcards icon. A red arrow points from the flashcards icon to a card in the main content area. The card text reads: "Based on statistical analysis of the self-reported experiences of men and women in dating relationships, as well as on existing psychol...". Below the card, a tooltip labeled "Flashcards" is visible. The main content area on the right shows a chapter title "12 Love and Relationships" and a quote: "... the apparent paradox that love is both riven v —Garth Fletcher & Patrick Kerr, 2010". Below the quote is a section titled "Learning Objective" with the text: "When you have finished studying this chapter," followed by three learning objectives: "LO1 Discuss the history of love a", "LO2 Discuss Sternberg's triangu", and "LO3 Describe Lee's different sty relationship".

## 7. “Following” *Master Instructor Highlights*, as well as your own instructor’s notes and highlights

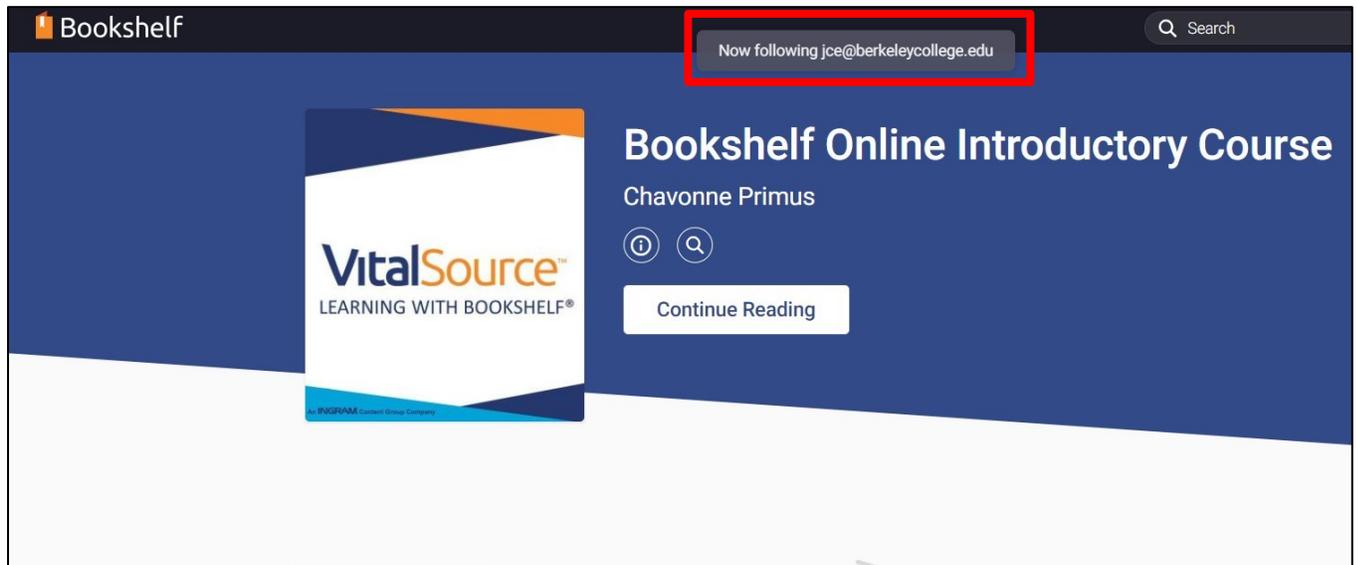
For many eTexts, there are *Master Instructor Highlights* that will provide links to important information related to the topic at hand. To follow these highlights in all of your VitalSource Bookshelf eTexts, click this link: [Master Instructor Highlights](#). Your instructors may also post this link in your course.

In addition *Master Instructor Highlights*, your instructor may post even more highlights and notes to your eText that are important for your learning. In order to follow your instructor’s notes, click the link that he or she provides.



Note: you may find these links in the Course Information Module or in Announcements. Contact your instructor for further information.

You will be redirected to a Bookshelf landing page and see a brief message indicating that you are “following” either your instructor or the *Master Instructor Highlights*.



You may return to your eText by clicking “Continue Reading” in the window that appears, or navigate there by clicking eText in your Canvas course.

Note: It may take a few minutes for your instructor’s notes to appear.

You will see the notes and highlights made by your instructor, as well as anyone else you may have followed on the page where they were posted. Click the Note icon to view any notes.

The screenshot displays the VitalSource interface for navigating an eBook. At the top, the VitalSource logo is visible. The main heading is "Navigate an eBook in Bookshelf Online". On the left, a sidebar contains a "Shared By:" field, a user profile for "Rad Red", a note about reading the section, and options for "Copy" and "Create Flashcard". A red arrow points to a small icon in the top left corner of the reading pane. In the center, a vertical navigation bar includes icons for a menu, search, mobile device, a flask, a document, and a list. Below this is a "Table Of Contents" section with a search bar labeled "Search book content" and a book cover for "Biology: Concepts And Investigations". On the right, instructional text explains navigation methods: using the table of contents icon, clicking arrows next to section headers, and clicking section headers directly.

**VitalSource**

### Navigate an eBook in Bookshelf Online

Shared By:

Rad Red

Please be sure to read the section below to learn how to navigate your eText.

Copy

Create Flashcard >

Table Of Contents

Search book content

Biology: Concepts And Investigations

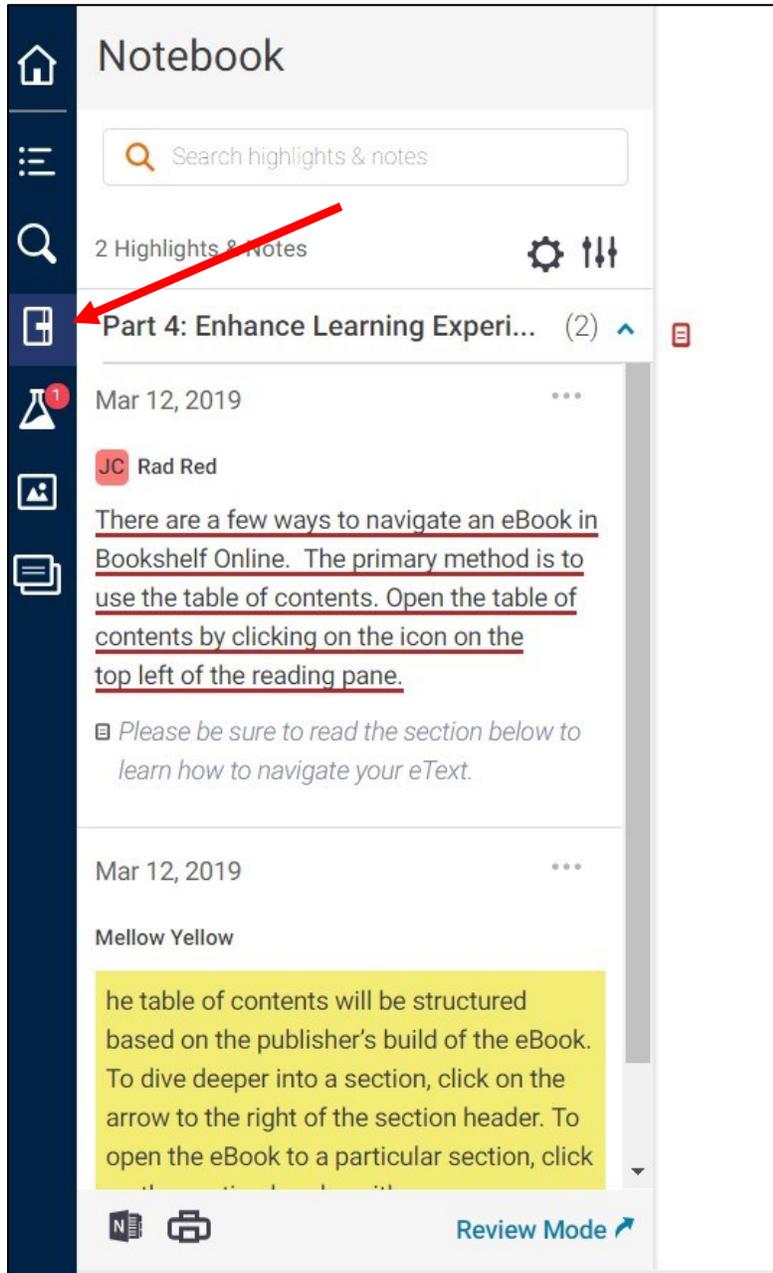
There are a few ways to navigate an eBook in Bookshelf Online. The primary method is to use the table of contents. Open the table of contents by clicking on the icon on the top left of the reading pane.

The **table of contents** will be structured based on the publisher's build of the eBook.

To dive deeper into a section, click on the arrow to the right of the section header.

To open the eBook to a particular section, click on the section header with your mouse.

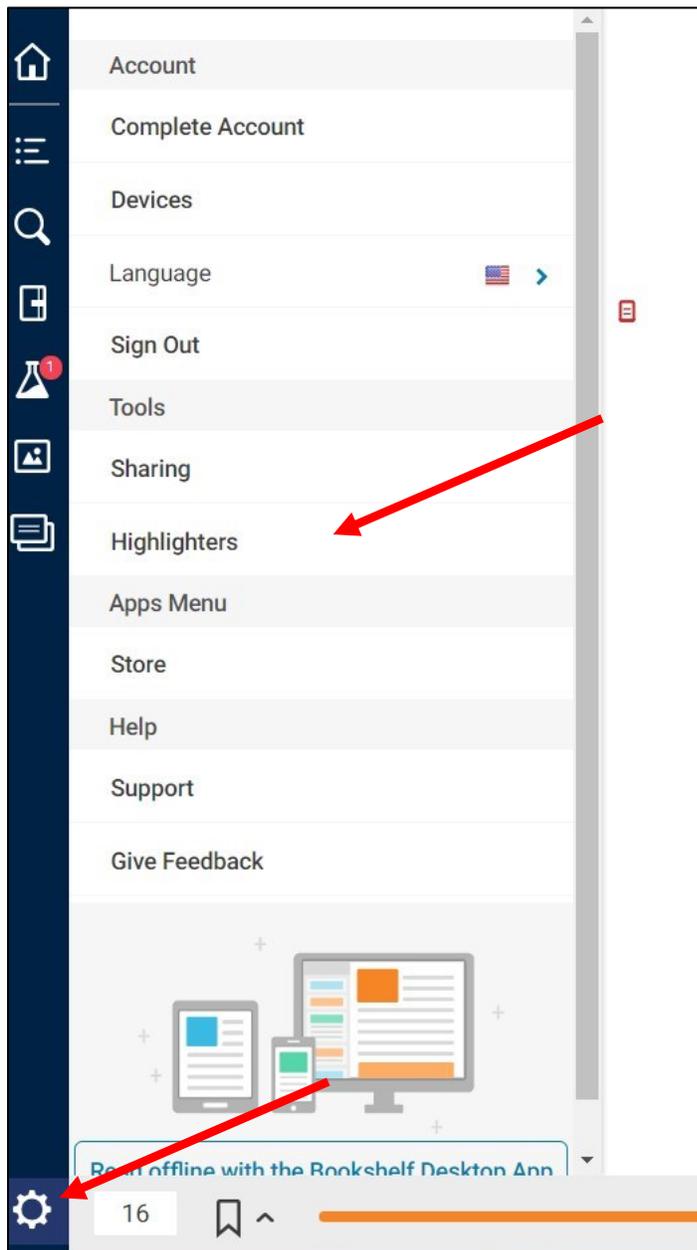
Notes and highlights will also be visible when you click the Notebook icon. You will see your instructor's initials next to his or her highlights.



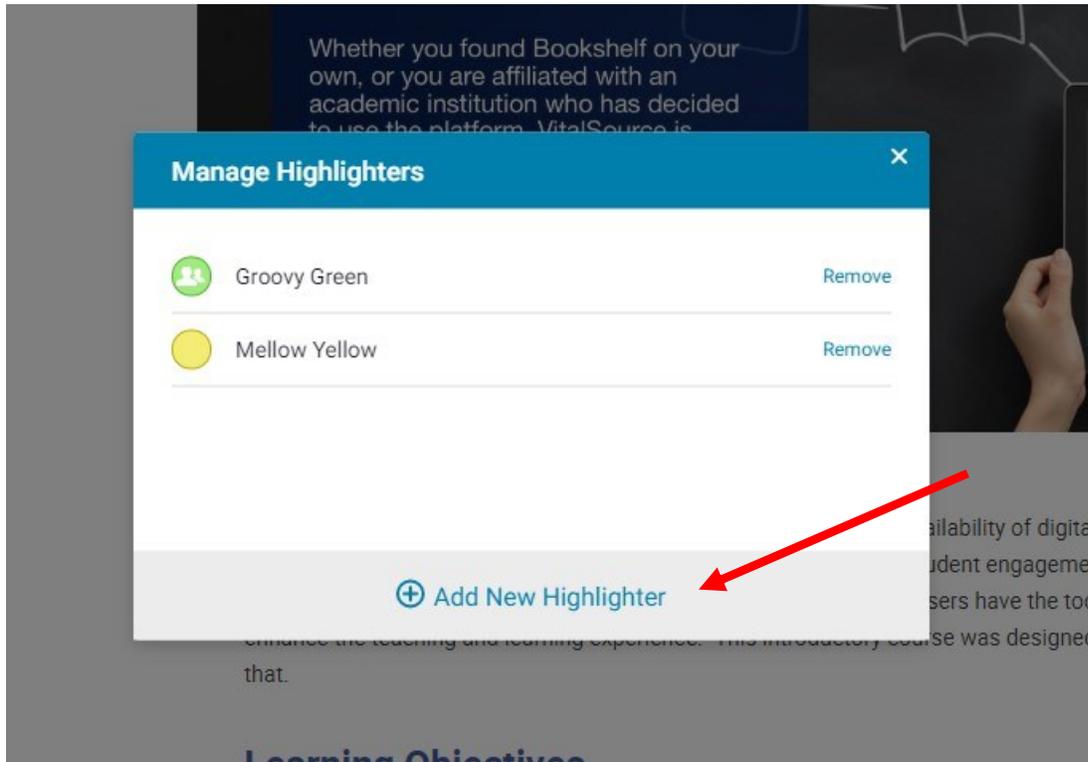
Note: Highlights from your instructor and others you follow will display as "underlines" while your own highlights will show as full highlights.

## 8. Sharing your notes and highlights with classmates

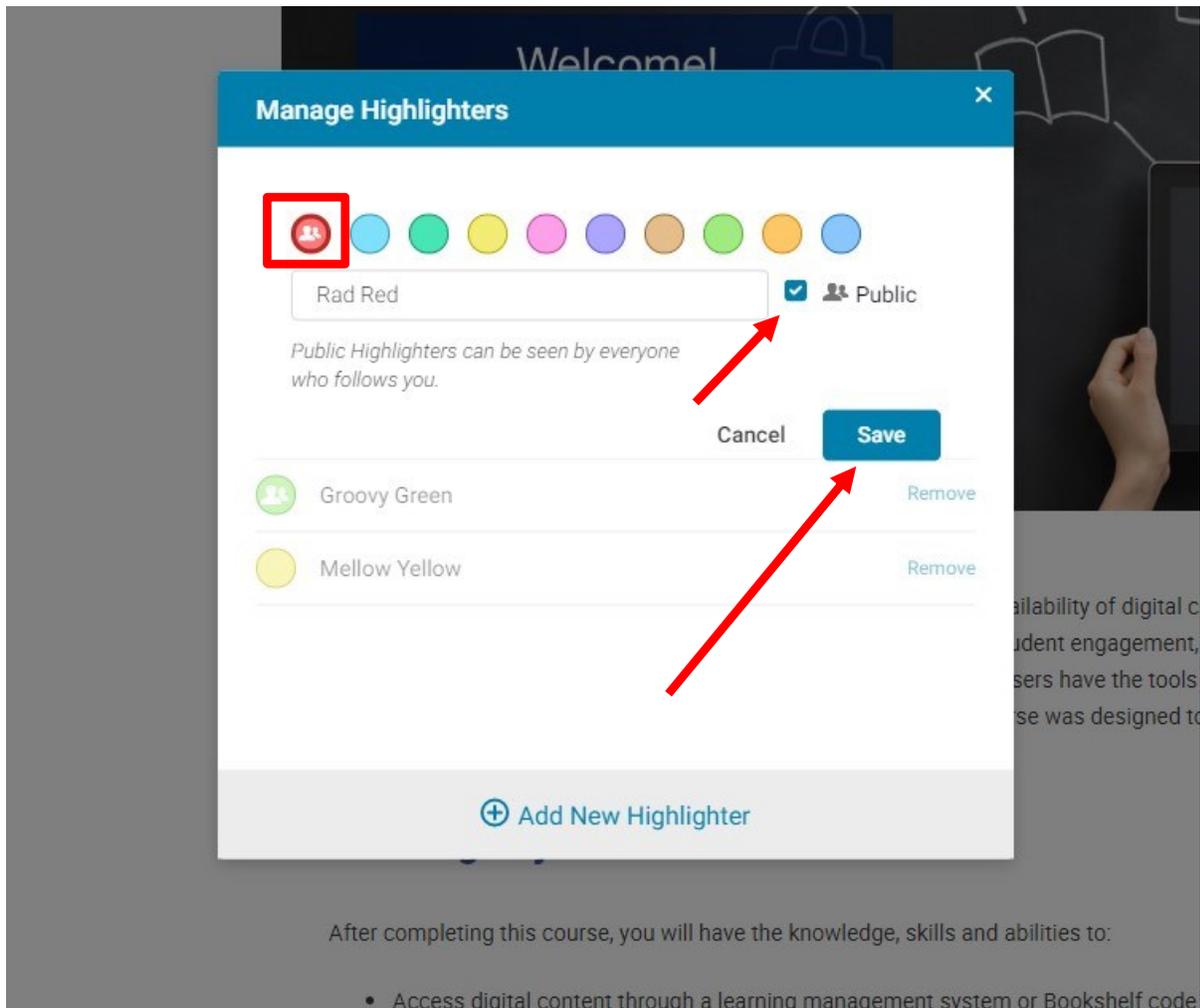
You may also share your own highlights and notes with your classmates. To do this, you must first be sure that you are using a shared highlighter. You can identify a highlighter as a shared one by clicking the gear, then “Highlighters”.



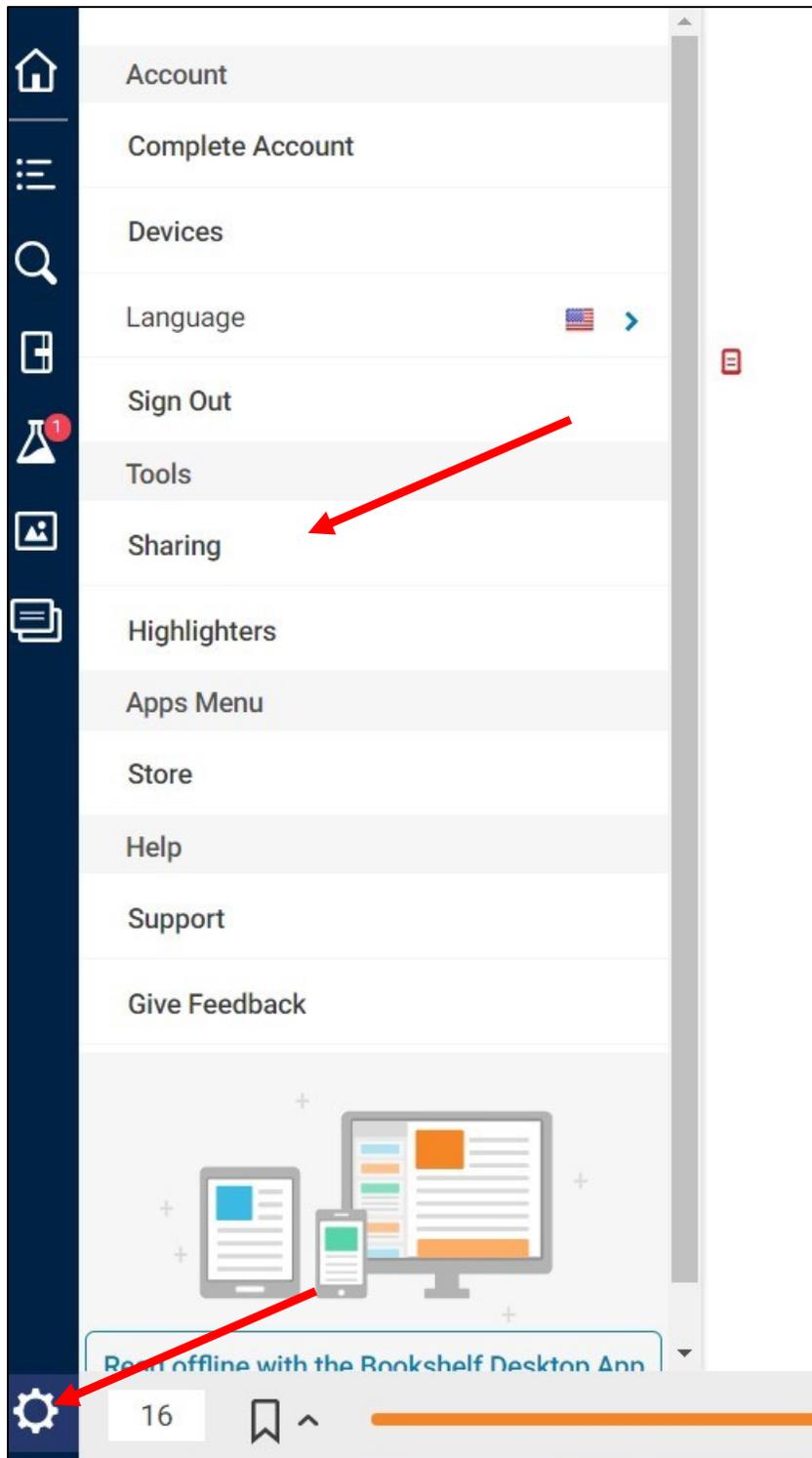
You can add a shared highlighter by clicking “Add New Highlighter”.



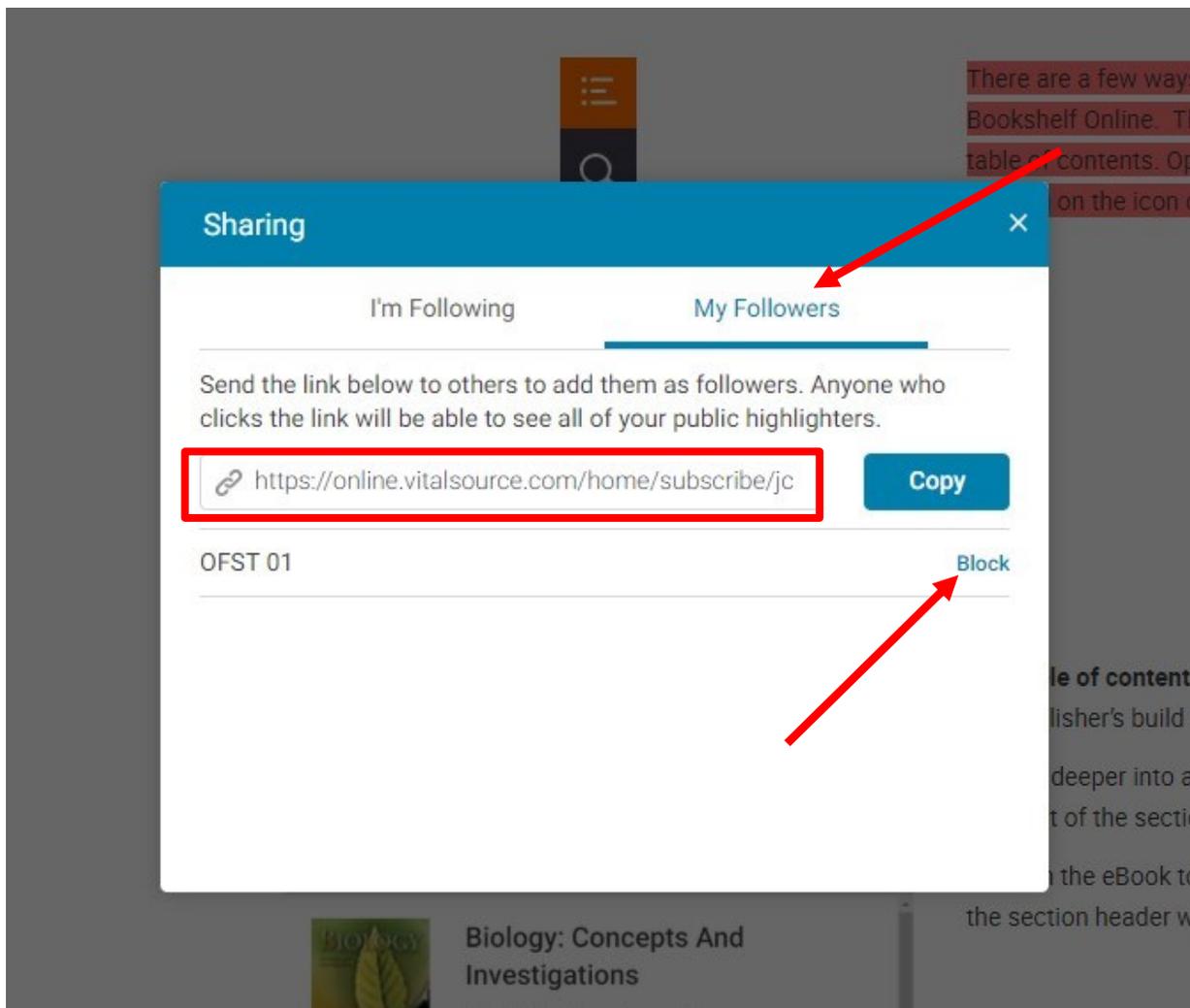
Then choose one of the colors, and then click the checkbox next to public. Be sure to save.



Then, to share, click the Gear icon from the Bookshelf navigation panel and then "Sharing" from the menu that opens.



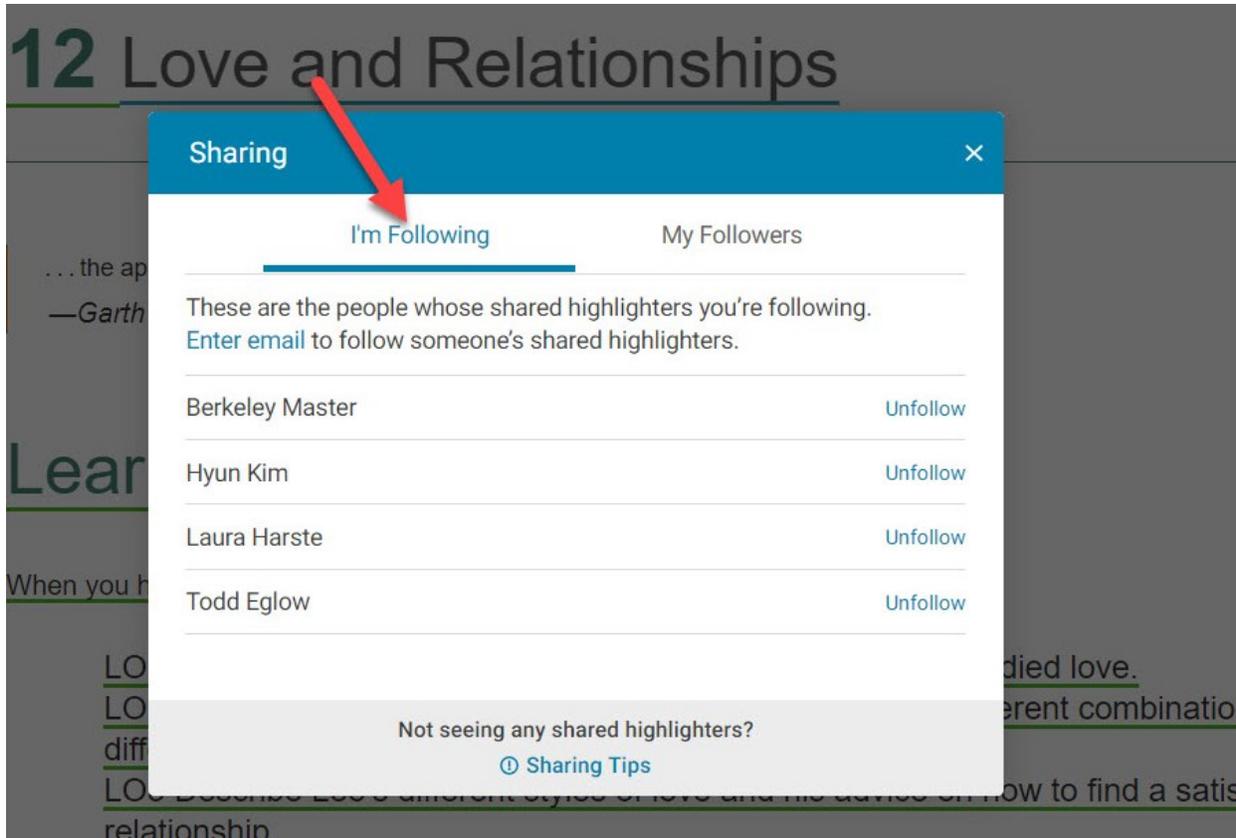
From here, click on “My Followers”, and copy the link that you may provide to your classmates. They will be able to see notes and highlights in eTexts for classes that you share.



Note: to be able to share your notes and highlights, you must have an account with Bookshelf (See Page 2).

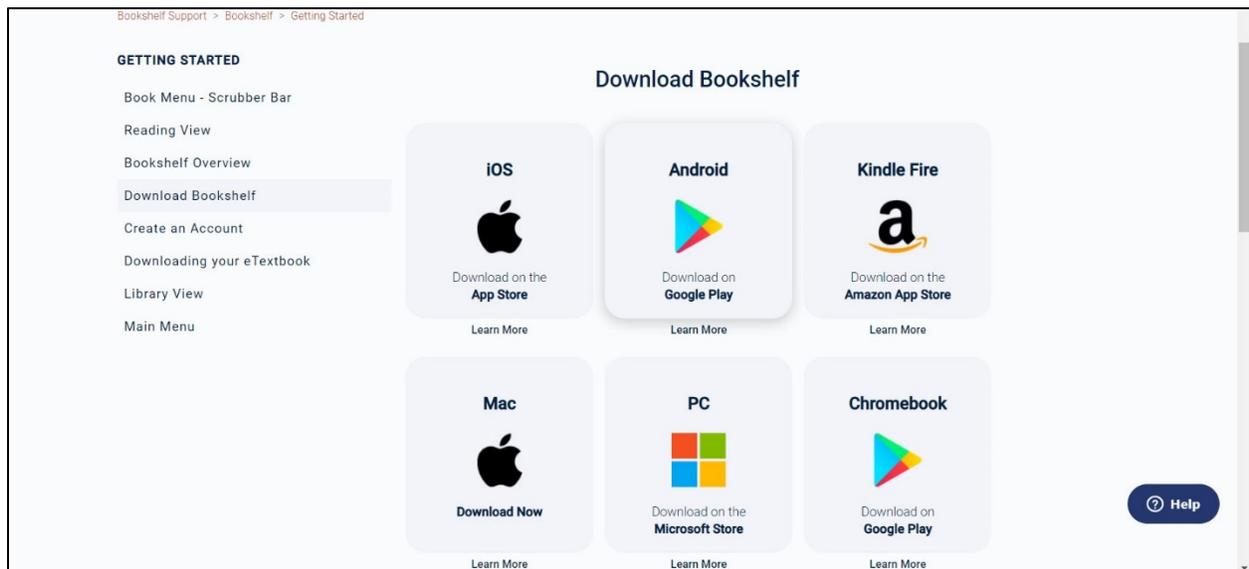
You may block any of your followers by clicking the “Block” link in the same field as their name.

You can see who you are following by clicking the “I’m following” tab in the same window. You can unfollow here, or follow someone else by entering their email.

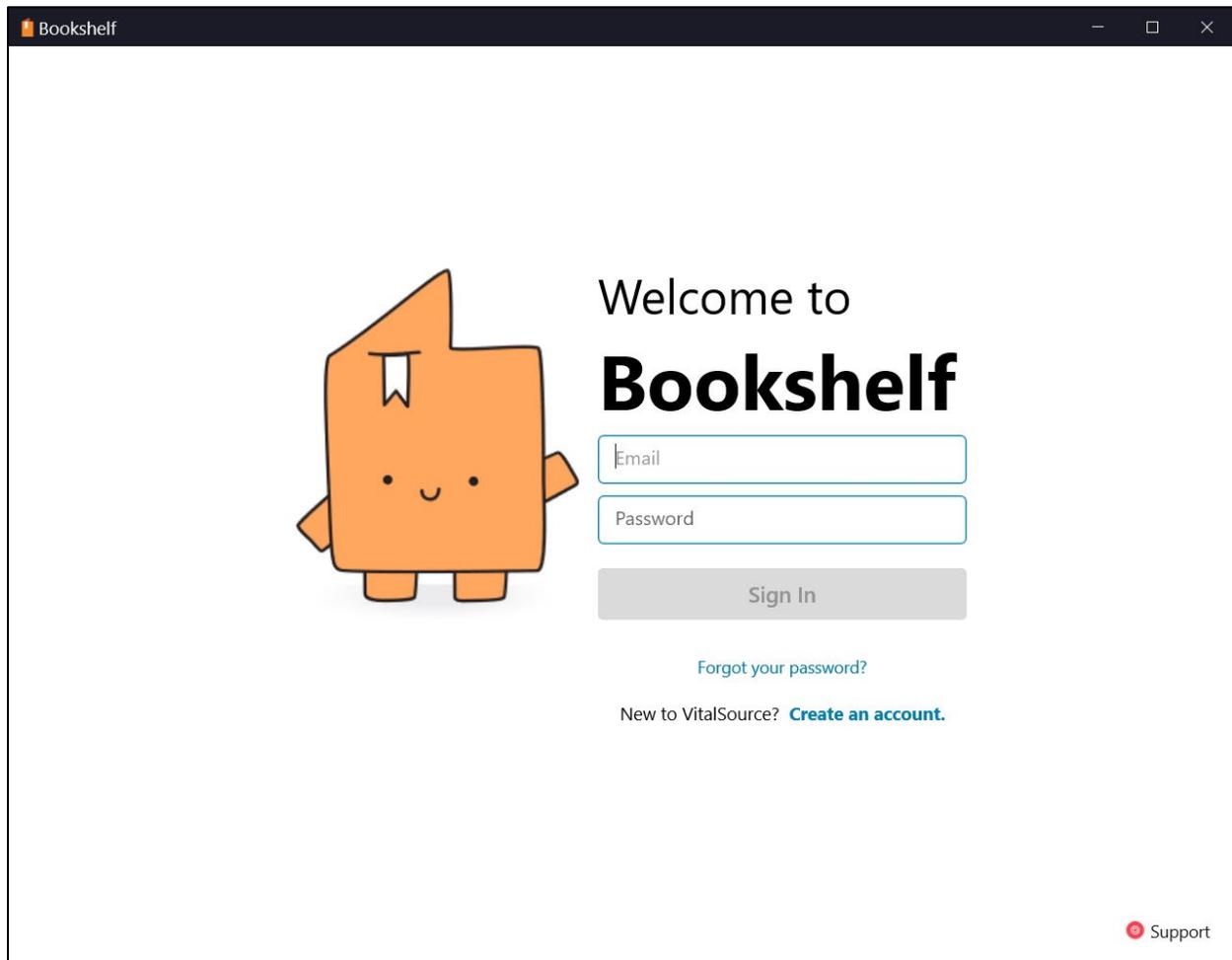


## 9. Reading your eText offline

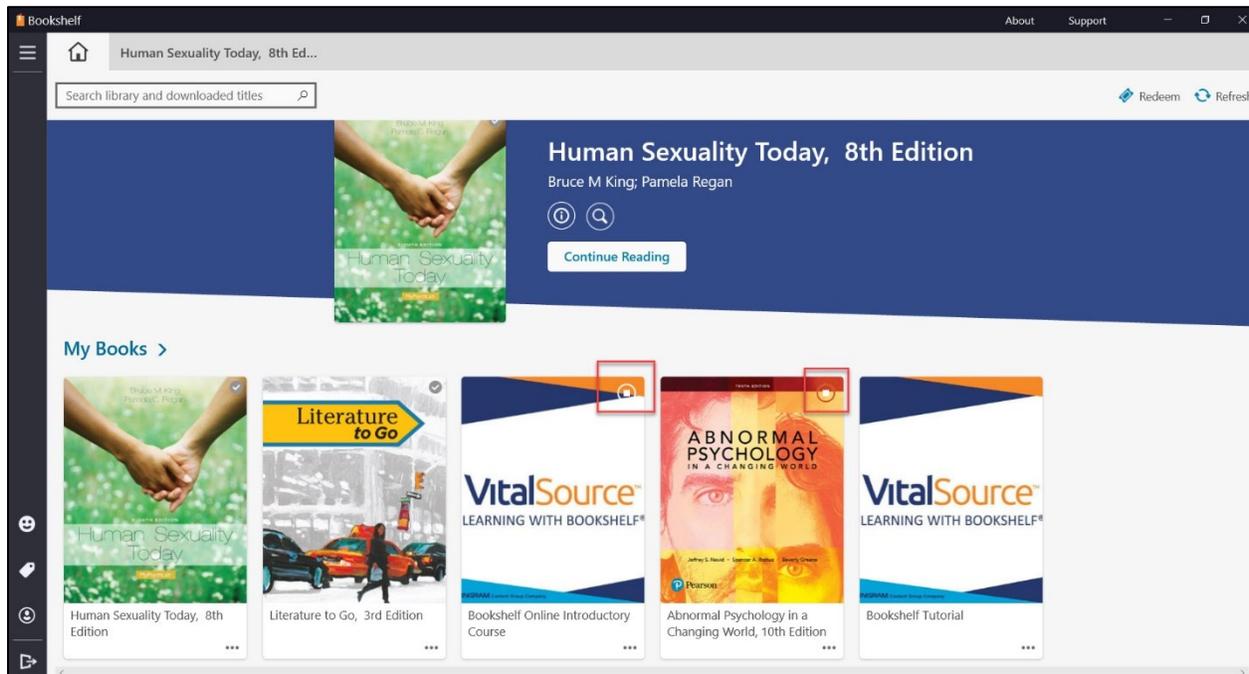
Downloading the VitalSource Bookshelf app for either your computer or mobile device allows you view your eText when you don't have internet access. It also allows you to access your eText after your course has ended. Click [Download VitalSource Bookshelf app](#) to begin. Then, choose the download for your device.



Follow the prompts to download and install your app, which will vary depending on your device. Once you've installed the app, you will need to log in. Please be sure you've created an account by following the steps beginning on p.2 of this document.



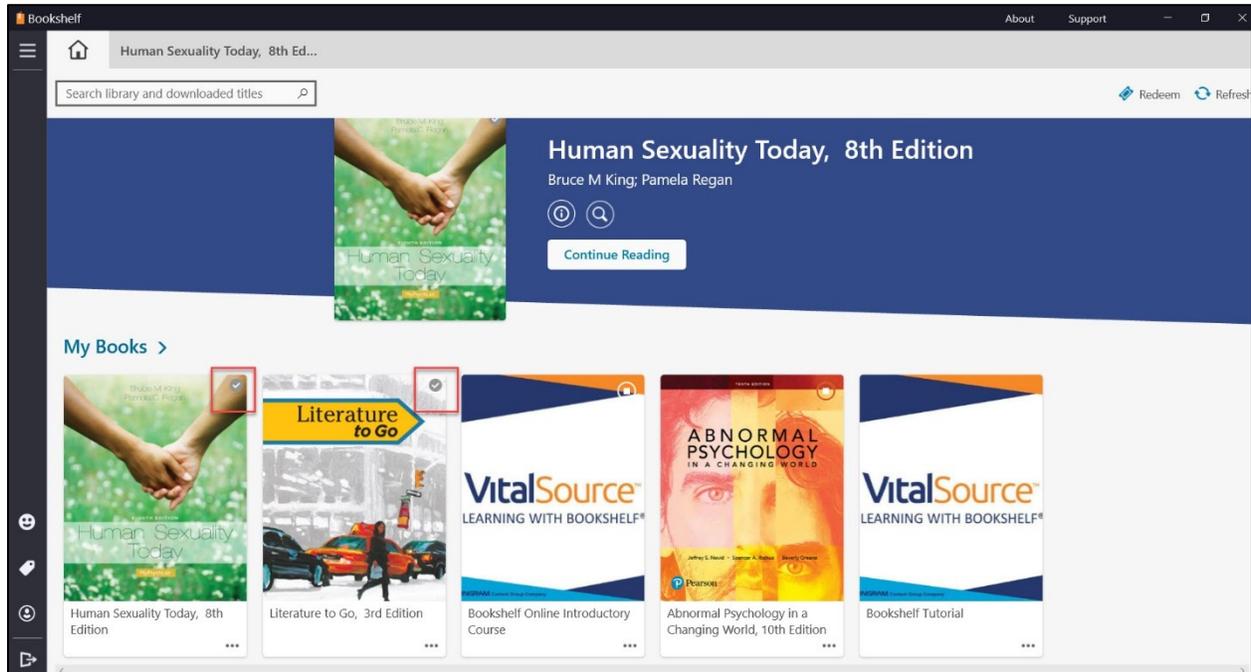
Once you've downloaded the app and logged in, you will see your titles on the homepage. Click the cover of the eText you would like to read.



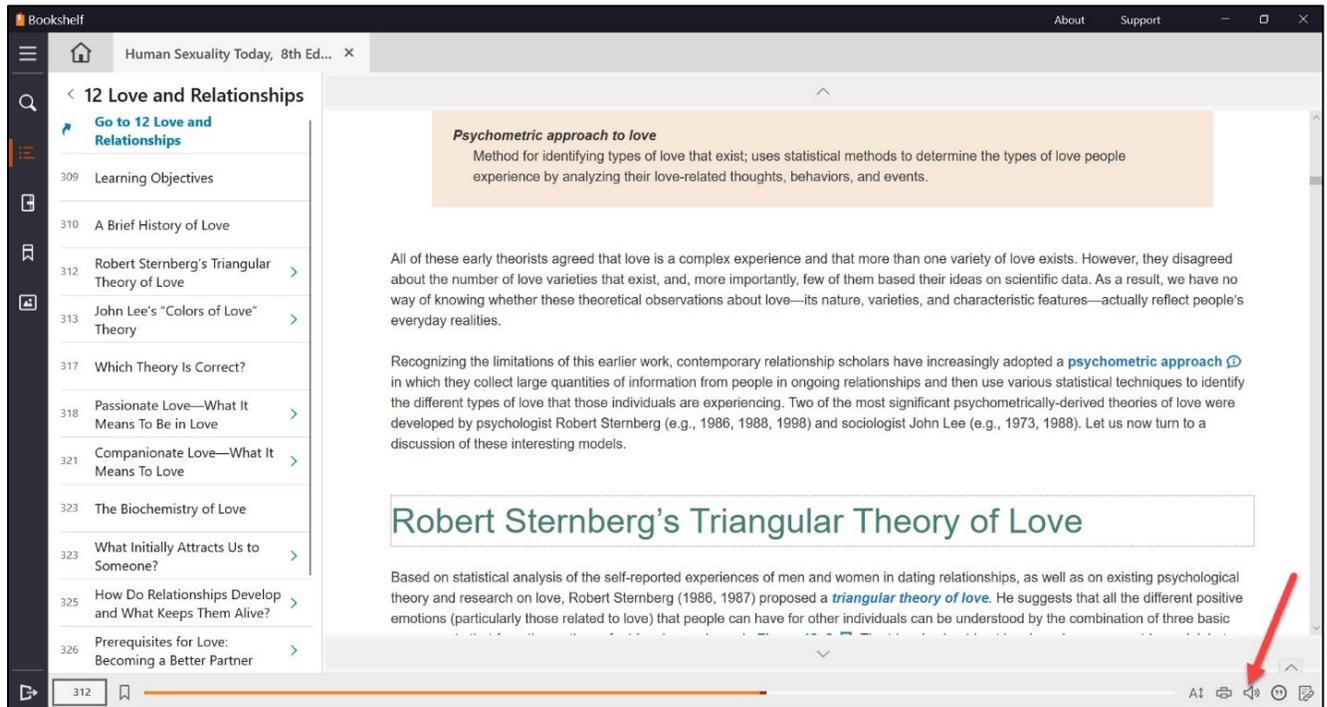
Once you click the cover, the eText will begin to download. You will see that it is downloading in the upper right corner of the cover.

**Note: To be able to continue to view your eText after the course is completed, please be sure to download each of your titles in either the desktop or mobile app.**

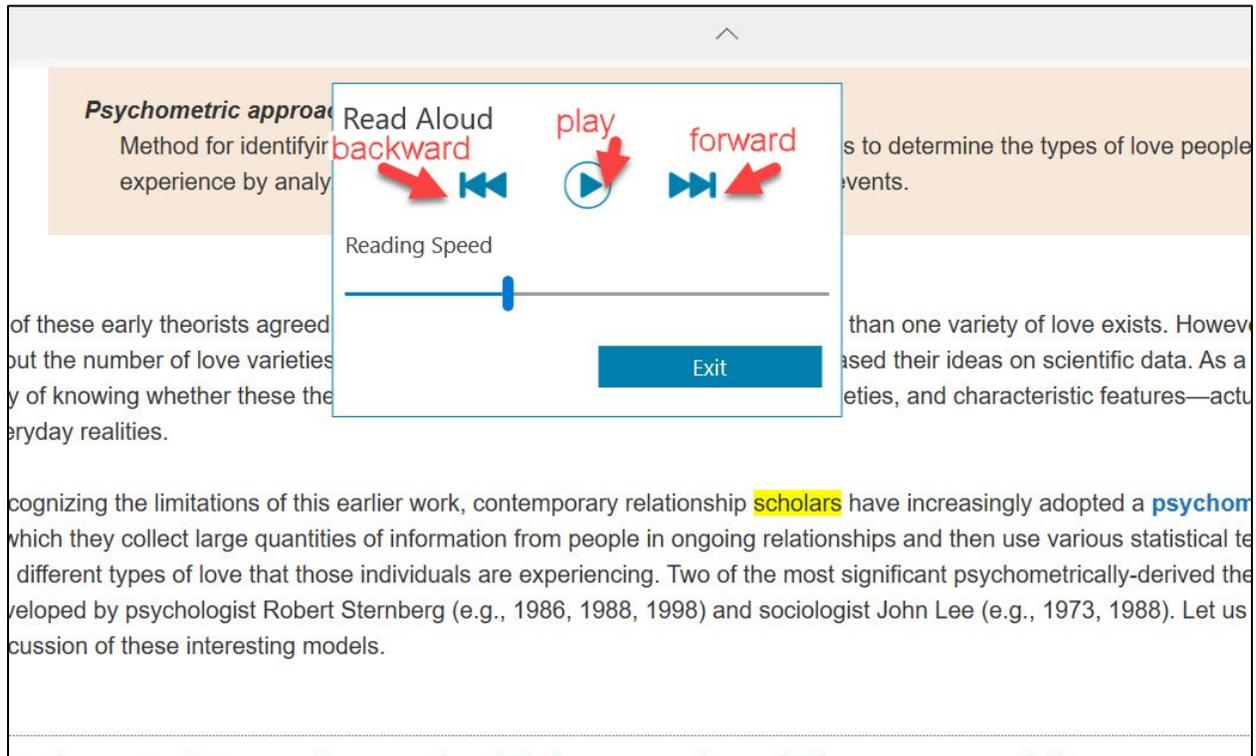
You will know that an eText is downloaded and ready to read when you see the checkmark in the upper right corner of the cover. Click the cover to access the book.



The desktop version of the Bookshelf app will look and function similarly to the native reader that you access via Canvas, and you may also use the “read aloud” feature. Click the sound icon on the bottom right of the toolbar, to listen to the eText being read.



Click play in the player that opens. You can move forward or backward on the page by clicking the icons. You can even adjust the reading speed by dragging the indicator. Click the Exit button to return to the regular page view.



The image shows a screenshot of a reading player interface. The player is overlaid on a document page. The document text is partially visible, including the heading "Psychometric approach" and several paragraphs of text. The player interface includes the following elements:

- Read Aloud** label at the top left of the player.
- backward** label with a double left arrow icon.
- play** label with a play button icon.
- forward** label with a double right arrow icon.
- Reading Speed** label above a horizontal slider.
- Exit** button at the bottom right of the player.

The document text visible in the background includes:

**Psychometric approach**  
Method for identifying...  
experience by analyzing...

...to determine the types of love people...  
events.

...of these early theorists agreed...  
but the number of love varieties...  
y of knowing whether these the...  
eryday realities.

...than one variety of love exists. However...  
ased their ideas on scientific data. As a...  
eties, and characteristic features—actu...

cognizing the limitations of this earlier work, contemporary relationship **scholars** have increasingly adopted a **psychom**...  
which they collect large quantities of information from people in ongoing relationships and then use various statistical te...  
different types of love that those individuals are experiencing. Two of the most significant psychometrically-derived the...  
veloped by psychologist Robert Sternberg (e.g., 1986, 1988, 1998) and sociologist John Lee (e.g., 1973, 1988). Let us...  
cussion of these interesting models.