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Download Instructions for MAC users:

The file you are downloading comes as a zipped folder (WorkshopTitle.zip). Before you can import anything into iTunes or other audio software, you must “unzip” the folder (or “extract all the files”).

Once the WorkshopTitle.zip file is downloaded to your computer, launch Stuffit, and under File menu choose Expand. Then tell Stuffit which file you want to expand.

Download Instructions for Windows users:

The file you are downloading comes as a zipped folder (WorkshopTitle.zip). Before you can import anything into iTunes, Windows Media Player, or other audio software, you must “unzip” the folder (or “extract all the files”). Here are three possible ways to do this:

- 1) Right-click on the file name to pull up a context menu, and select the option “Extract all”. This will open a dialog box which will allow you to designate where the extracted folder will be placed. This is important because you will be able to drag the unzipped folder directly into iTunes (or other audio software). Once the files are extracted, simply drag the folder into your library.
- 2) Double-click on the file name. This will open the folder for viewing. There will be an option to “Extract all files” on your menu bar. Click on that and follow the same instructions as in #1.
- 3) If the default extraction utility for Windows is not available you can use a third-party zip/unzip program. One free, easy-to-use program is JustZipIt, which can be downloaded at [cnet.com \(http://download.cnet.com/JustZIPit/3000-2250_4-10222609.html\)](http://download.cnet.com/JustZIPit/3000-2250_4-10222609.html), but there are several really good free utilities available (also listed at cnet.com). After installing the unzip utility, you can right-click on the file and select the zip/unzip utility from the context menu. The unzipped folder should appear in the same directory as the zipped one.