

## For New Students: ICT Environment Check Sheet.

This check sheet is also available for sophomore and above. Let's check!

ICT Office  
2022/3/23 version

(Required time: 30-45 minutes)

### 1. Check your ID/password and log in to Loyola

A) Write your student ID in the column below:

CHECK! 

B) Log in to Loyola from Sophia University website or ICT Office website.

CHECK! 

**HINT!**



You need your Student ID and Loyola password to log in.

**CAUTION!**



Loyola password is different from the one for Sophia ICT Account.

CHECK! 



### 2. Change the password for Sophia ICT Account and register a password reminder.

A) Check your pre-set password on the 'Sophia ICT Account Notice'.

CHECK! 

B) Access the page 'Password Change / E-mail Address' (<https://idb.sophia.ac.jp/> Sophia Integrated Database System) then log in with your student ID and pre-set password.

CHECK! 



**上智大学**  
 SOPHIA UNIVERSITY

**Sophia Integrated Database System**  
 ソフィア統合データベース




User ID

Password

[※パスワード忘れはこちら / Forgot your password?](#)

ログインの失敗が規定回数を超えた場合、ロックされます。  
 Accounts will get locked automatically if there are certain incorrect login attempts.  
 メールアドレス利用申請またはパスワード再設定申請の続きをされる方は[こちら](#)  
[Click here](#) if you are continuing to apply for e-mail address application or password reset.

C) After logging in, change your password and remember or write down your new password.



**上智大学**  
 SOPHIA UNIVERSITY

**Sophia Integrated Database System**  
 ソフィア統合データベース

Profile  
 Password Change / Password Change  
 Reminder Registration / Reminder Registration  
 E-mail Address

使用できる文字は、アルファベット (a~z, A~Z)、数字 (0~9)、記号 ( - ! \$ ^ & ( ) { } \_ ~ " )  
 パスワードは、これらの3種類の文字がパスワードに含まれている場合にのみ正常に作成されます。  
 A password must be eight characters or more and sixteen characters or less.  
 Use a mixture of alphabets (a~z, A~Z), numbers (0~9) and symbols ( - ! \$ ^ & ( ) { } \_ ~ " ).  
 Passwords are created successfully only if those three types of characters are included in the password.  
 Note that you cannot use space key or tab key.

最終更新日時  
 Last updated

2021/03/20 13:45:33

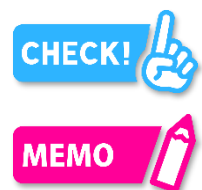
変更可能日  
 Can be changed

2021/03/20 13:45:33

パスワード\*  
 Password

新パスワード\*  
 New Password

新パスワード (確認用)\*  
 Confirm New Password



**Loyola password** is different from the one for Sophia ICT Account.  
 You have changed **the password for Sophia ICT Account** here.



D) Next, register a password reminder.

By doing so, you will be able to reissue the password yourself.



3. Log in to Sophia Mail / Send a message

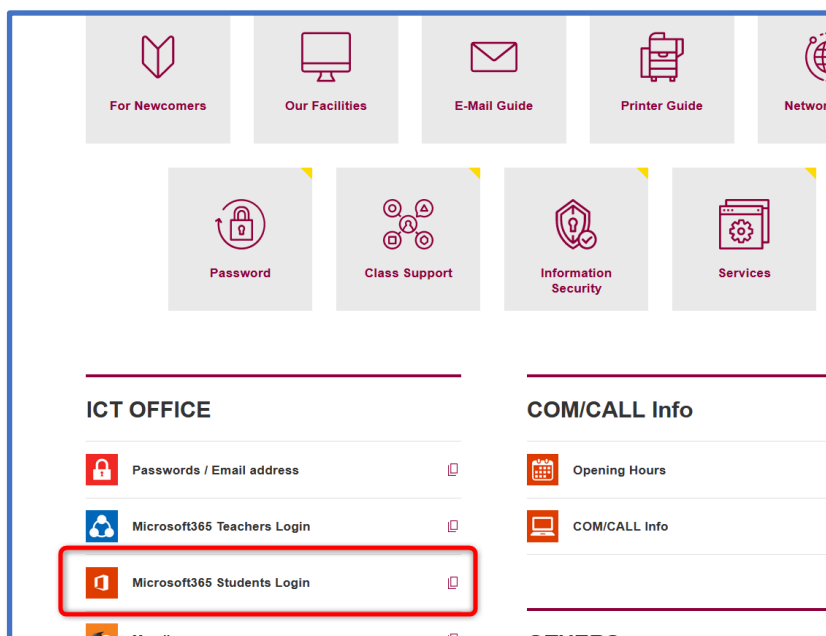
- A) Write your Microsoft Office365 Username on the 'Sophia ICT Account Notice' in the column below:



- B) Log in to Sophia Mail from the ICT Office website.



You need [Microsoft Office365 Username](#) and [the password for Sophia ICT Account](#) to log in. Do not use your Sophia mail address as user ID.



- C) Write your Sophia Mail address on the 'Sophia ICT Account Notice' in the column below:



Check your mail address for any misleading characters, such as numeric 1 and lowercase L.

The initial Sophia mail address includes lowercase alphabets, numerical characters and hyphens.

- D) Send a message from your private email address to your Sophia Mail and check if you received a message. And vice versa.



#### 4. Log in to Moodle

- A) Log in to Moodle from the ICT Office website.



You need 'student ID', NOT your email address, and the password for Sophia ICT account to log in.

B) Try to enroll the test course on Moodle which is created by the ICT Office.

Click ‘情報システム室 (ICT Office)’ at the bottom of the page, click ‘public’, then click ‘情報システム室 (ICT Office) Moodle Trial Course’.



C) This is the self-enrollment screen.

Enter ‘moodle’ in lowercase to the ‘Enrolment key’



D) When self-enrolment is completed, you will see a PDF ‘Sophia Moodle selfcheck’.

Open the file and read it carefully.

Now you can use Moodle.



## 5. Sign up to Zoom

- A) Try to sign up to Zoom. The manual is below:

<https://ccweb.cc.sophia.ac.jp/en/manual/other/zoom/>

Refer to '2-3 Sign-up instructions' and sign up to Zoom **using Sophia Mail address.**



Check if you can watch the videos below:

**IMPORTANT!**

<https://ccweb.cc.sophia.ac.jp/self-check-for-zoom-meetingjp/>

If you cannot watch, read '2-4 Status after Completion of Registration' carefully and try to sign in again.



## 6. Prepare to use your PC on campus.

- A) Have you installed Zoom application, Microsoft Office, PDF Reader, etc.?



- B) Have you prepared a headset that does not leak sound?



## 7. Connect Wi-Fi on campus.

- A) Set up to connect to sophiawifi2019.

Refer to the manual below on the ICT Office website:

<https://ccweb.cc.sophia.ac.jp/en/manual-cat/wireless/>



**HINT!**



It is a bit difficult to set up the Wi-Fi on a Windows 10 PC.  
Also check the instruction video.

**IMPORTANT!**

Turn off Wi-Fi diligently when you are not using it.

## 8. Other Services

- A) Refer to the page below for how to use PC rooms, how to install Office software, and so on.

<https://ccweb.cc.sophia.ac.jp/en/userguide/newuser/nu-02-en/>



The orientation is completed. Have a good campus life!  
Sophia University, ICT Office (<https://ccweb.cc.sophia.ac.jp/en/>)