NMR Training Sequence

**Director e-mails 18 items:**
NMR principles, Mnova, i.p. address, etc.

- Get a booklet and see Tracie for paperwork & ChemFOM
- Study and Exercises; Training by Liaison
- Check-Out by Director

**UI500NB Training by Director**
(2D-NMR Prep)
- Tuning and Matching
- PW90 Calibration
- T1 Calibration
- Solvent Suppression

**Special 1D 2D/3D-NMR Training by Lingyang Zhu**
- Recommended for UI500NB and required for UI600 or 750NB
- One key document: UI500NB Advanced 1D and 2D

**Temperature Control (VT) Training by Director**

**Solid-State NMR Training by the Solids Spectroscopist Andre Sutrisno**