

Graduate School of Management St. Petersburg University

VR lab: User Guide



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Booking a Room

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VR Lab Mikhailovskava Dacha:			18
MD Room 2206 - VR-lab			19
			20
VR Lab Volkhovsky:			21
Volkhovsky Library Conf Room 2			

Next, you need to select the date and time for the training session. You can do this either on the timeline on the right or in the designated field.

Important:

Red slots on the timeline indicate already booked time slots.

Make sure to select a time slot that appears green, as this means it is available.





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To complete the booking, you need			
to create a meeting title.			18
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After that, click the "Send" button.			



The room is considered successfully booked once you receive a confirmation email.

You're all set! Now you can proceed with the training. How to prepare for the session? Read on!



Working with the VR Headset

Step 1



To turn on the VR headset, press and hold the button on the top of the headset until you hear a beep sound.

Once the signal appears, the headset is ready to use.

Step 2



To ensure a comfortable fit, adjust the headset fasteners properly.

The rear fastener is adjusted using a dial. Avoid moving the fastener without using the dial, as this may damage the attachment.

The top strap can be adjusted using the Velcro strap.

Step 3

To achieve a sharper image, adjust the interpupillary distance (IPD) using the slider located on the bottom of the headset.

Additionally, the volume control buttons are also on the bottom right side of the headset.







Connect the controller to your headset:

- 1. Put on the VR headset.
- 2. Press and hold the button with the triangle icon on the controller.
- Once successfully paired, the controller will vibrate, and a pointer beam will appear on the screen.

To confirm actions, aim the joystick at the buttons and press the trigger.

You're all set! Now you can proceed with the training. How to prepare for the session? Read on!



Graduate School of Management St. Petersburg University

VR lab: Training: Public Speaking



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Select the "My Training" tab and click the "Create Presentation" button.

Step 3

To create a presentation, follow these steps:

- 1. Enter a title this will help you easily find the simulation in the VR headset.
- 2. The description field can be left empty – just enter a dash (-) if required.
- 3. Enter your email to receive the report.

Then, click the "Continue" button.

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Now, you need to select the location and training type:

Training Types:

- Public Speaking no time limit.
- Pitch Session time-limited mode.

Available Locations:

- Conference Hall
- Hybrid Auditorium (GSOM)

To run the simulation in English, select the card labeled "EN".





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Next, you need to specify the location and date of the training session.		Когда Время 14.08.2024 17:00	Длительность	
 In the "Location" field, enter the venue where you're attending the training (e.g., "MD" for Mikhailovskaya Dacha). In the "Time" field, enter today's date and your reserved time slot. 				

You're all set! Now you can put on the headset. To learn how to navigate in VR, read on!



Once the headset starts, you will see the Launcher GSOM main screen. Your training session will already be available in the "My Tasks" tab.

To start the training:

- 1. Select your training session.
- 2. Wait for it to load.
- 3. Click on the session again to launch the simulation.

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Step 8

After entering the simulation, press the "Start Presentation" button to begin your training.

Adjusting Difficulty Level:

- To customize the difficulty, click the center icon.
- There are three difficulty levels:
 - Easy No distractions.
 - Medium Some audience reactions.
 - Hard Unengaged audience and background noises.





Step 9

After pressing the "Start Presentation" button, the audience will begin listening, and a timer will appear at the bottom.

To end the training session, press the "End Presentation" button.





After completing the training, a report will appear, allowing you to review your performance results.

The report will also be sent to your email.

To exit, press "Continue".

Step 11



To exit the simulation, press the exit icon.

If you want to try again, press "Start Presentation" once more.

Your training session is complete!

Check your email – your training report should have sent.



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VR lab: Training: Public Speaking – Pitch Session



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Select the "My Training" tab and click the "Create Presentation" button.

Step 3	•••	gsom-spbu.modumlab.com Ф	0 Å + G
 To create a presentation, follow these steps: 1. Enter a title – this will help you easily find the simulation in the VR headset. 2. The description field can be left empty – just enter a dash (-) if required. 3. Enter your email to receive the report. 		Списание Mok пласный трении Cutain Cutain	
Then, click the "Continue" button.			Продолжить



Now, you need to select the location and training type:

Training Types:

- Public Speaking no time limit.
- Pitch Session time-limited mode.

Available Locations:

- Conference Hall
- Hybrid Auditorium (GSOM)

To run the simulation in English, select the card labeled "EN".





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lext, you need to specify the location nd date of the training session.				
 In the "Location" field, enter the venue where you're attending the training (e.g., "MD" for Mikhailovskaya Dacha). 				
 In the "Time" field, enter today's date and your reserved time slot. Duration: Minimum 60 minutos 	Назад			родолжить

You're all set! Now you can put on the headset. To learn how to navigate in VR, read on!



After launching the GSOM Launcher, you will be taken to the main screen. Your training session will already be available in the "My Tasks" tab.

To start the training:

- 1. Select your training session.
- 2. Wait for it to load.
- 3. Click on the session again to launch the simulation.



Step 2

After entering the simulation, click the "Start Presentation" button to begin your training.

You also need to select the duration of your speech. There are three options available:

- 1 minute
- 3 minutes
- 5 minutes





Step 3

After clicking the "Start Presentation" button, the audience will begin listening, and a timer will appear at the bottom.

To end the training session, press the "End Presentation" button.





After completing the training, a report will appear, allowing you to review your performance results.

The report will also be sent to your email.

To exit, press "Continue".

Step 5



To exit the simulation, press the exit icon.

If you want to try again, press "Start Presentation" once more.

Your training session is complete!

Check your email - your training report should have arrived



Graduate School of Management St. Petersburg University

VR lab: Training: Stress Interview





After launching the GSOM Launcher, you will be taken to the main screen.

Go to the "My Tasks" tab, where you will find a folder with your training sessions.

Step 2



Before starting the training, you need to familiarize yourself with the STAR method.

You can find the STAR methodology file on the computer in room 2206. Once you enter the simulation, press the "Start" button to begin.

Step 3



After starting the training, the interviewer will ask you questions, and your response time will be limited.

If you finish answering before time runs out, press the circle in the center to move on to the next question.



After answering all the questions, you will receive a report.

To continue the training, press "Continue".

Step 5



To continue the training, press "Close", then select the next interview stage from the menu.

Your training session is complete!

Now, go to the GSOM Education Platform, where your training results are saved.



Training Results

Step 1 ••• < 0 û + D 👼 server-auth.gsom-spbu.modumlab.com 🔒 🛛 💿 Вход Введите свой E-mail и пароля Высшая школа менеджмента Санкт-Петербургский государственный учани E-mail Пароль 2 **Education** Go to the GSOM Education Platform Platform. < Has 1. Enter your email and password: RU EN • E-mail: training@m.ru • Password: 123456 2. Click the "Log In" button. Step 2



In the "My Training" tab, click on the "Interview Training" assignment.



On the page, you will see your training results and progress. To view the report for each stage, click on the desired stage.



Шаг 4

Шаг 5



After selecting a stage, a pop-up window will open with detailed information about the number of attempts.

To view the results of your latest training session, click the "View Attempts" button.

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The results of your latest attempt will be displayed in the "Training Completion Results" section.

You can take a screenshot of the screen to show your results to your instructor.