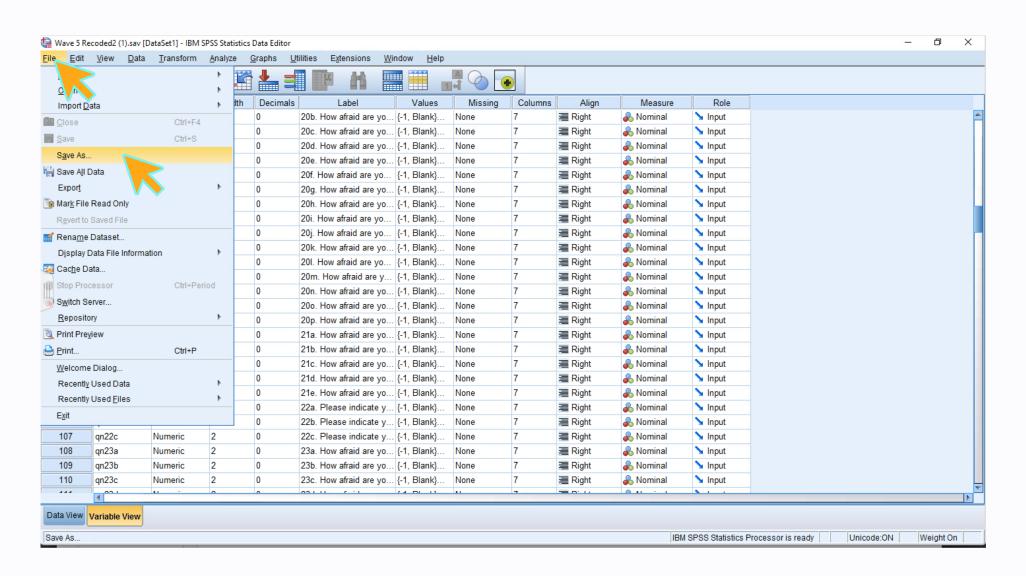
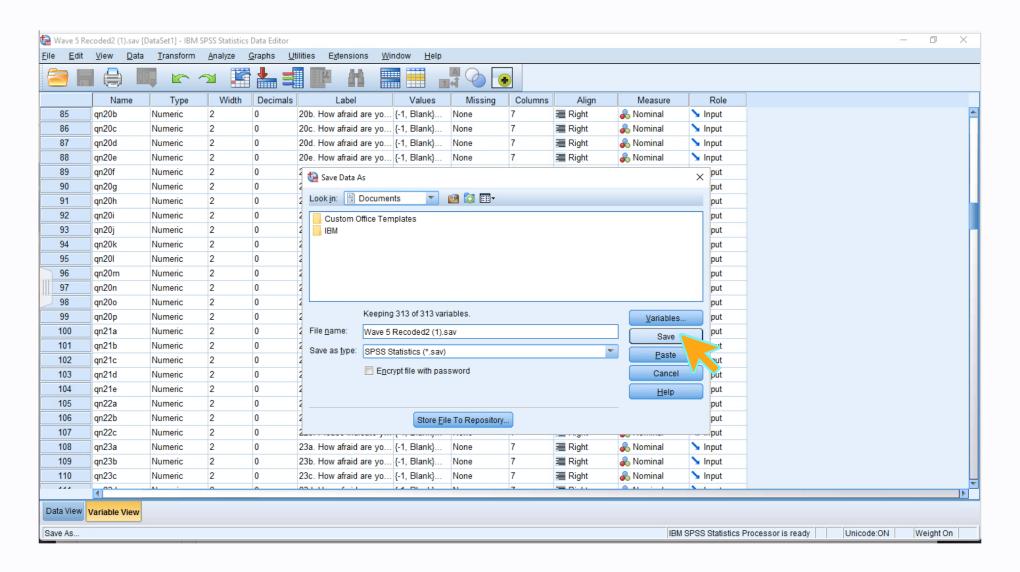
To save a SPSS file that you have edited (such as by recoding variables), you can save that file and send it to yourself. This way, you have a copy of your edited dataset so you can continue to use it without starting over each time. The following steps illustrate how to save an SPSS file and email it to yourself.

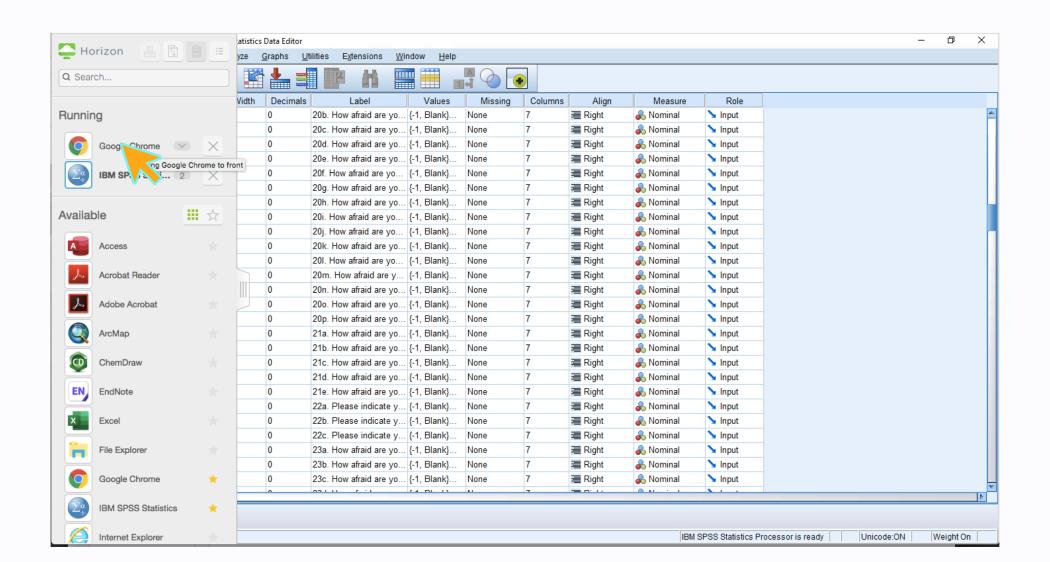
#### 1. Click File, then Save As



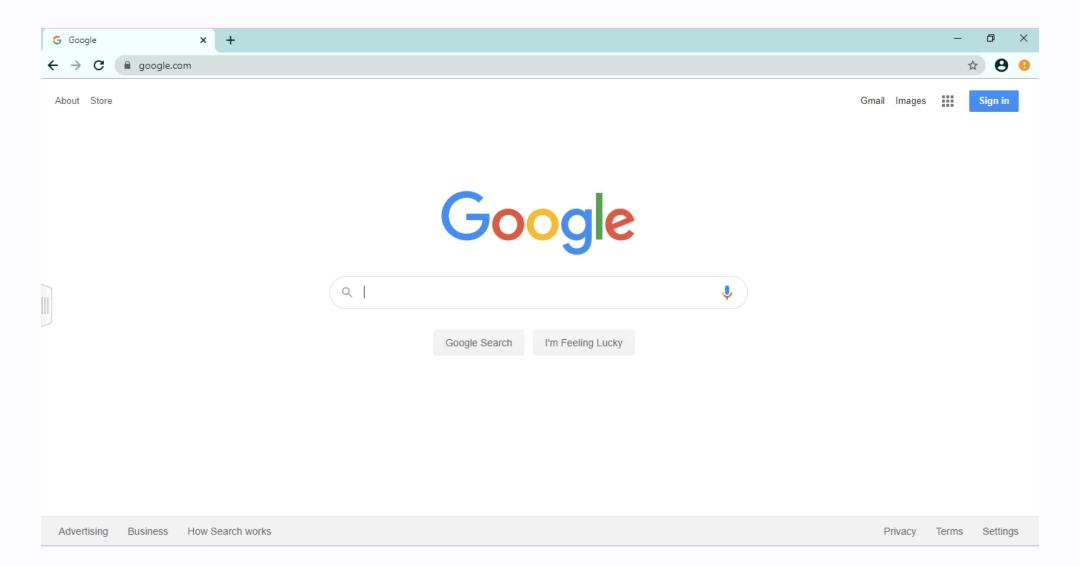
2. The SPSS dataset will save into the Documents folder in Vlab, as an .sav file. Click **Save**.



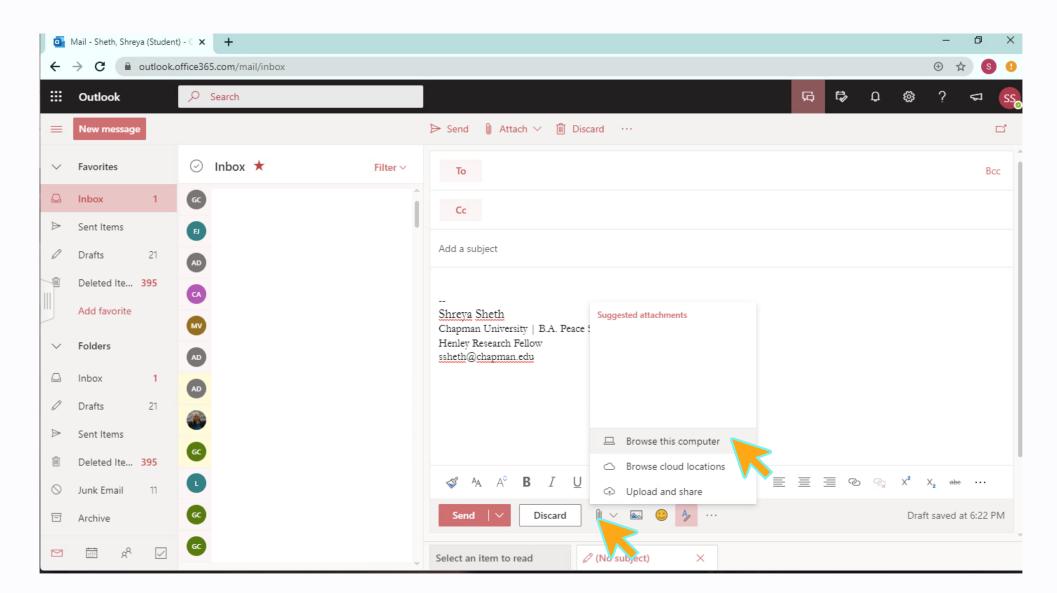
3. After saving the file, access the internet using Google Chrome.



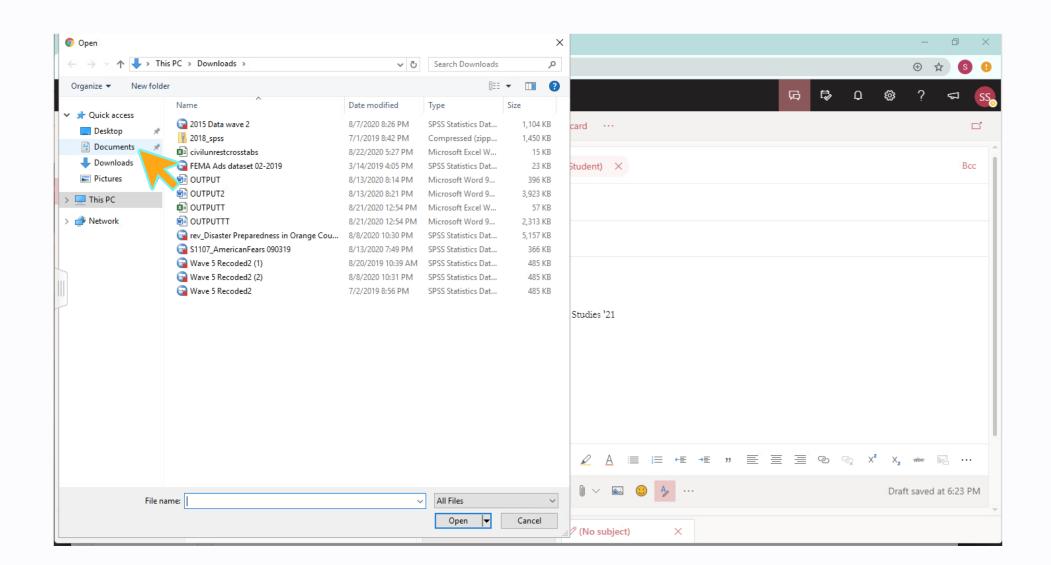
4. After clicking Google Chrome and arriving at the landing page, you may proceed to access your email.



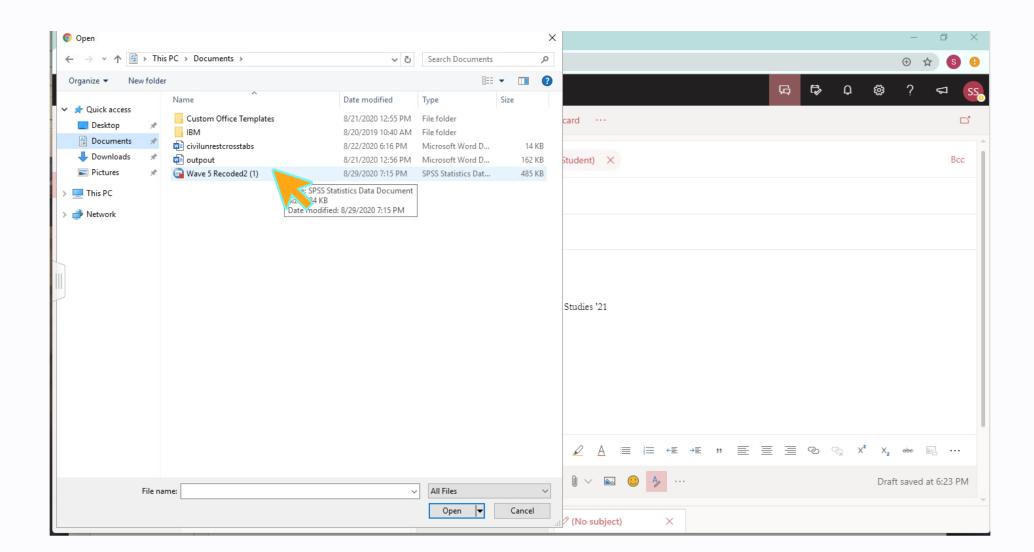
## 5. Click to attach a file and select Browse this computer



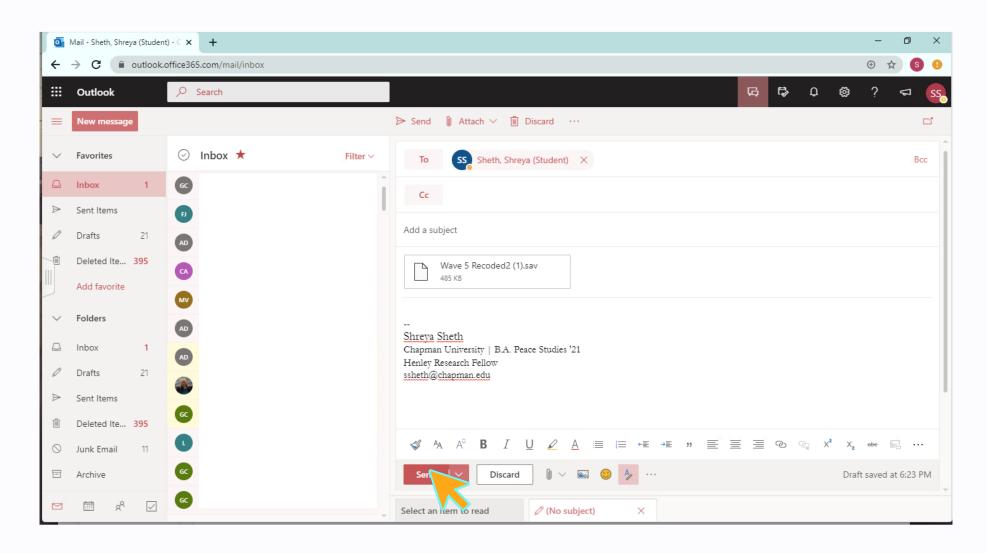
#### 6. Go to the Documents folder



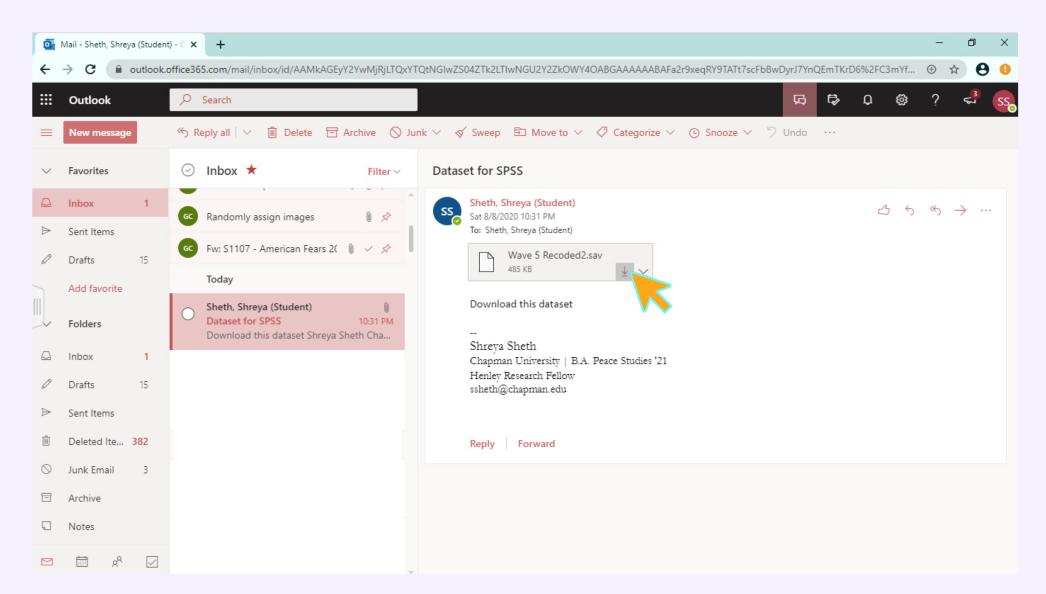
7. After locating your dataset in the Documents folder, double-click to attach it to the email.



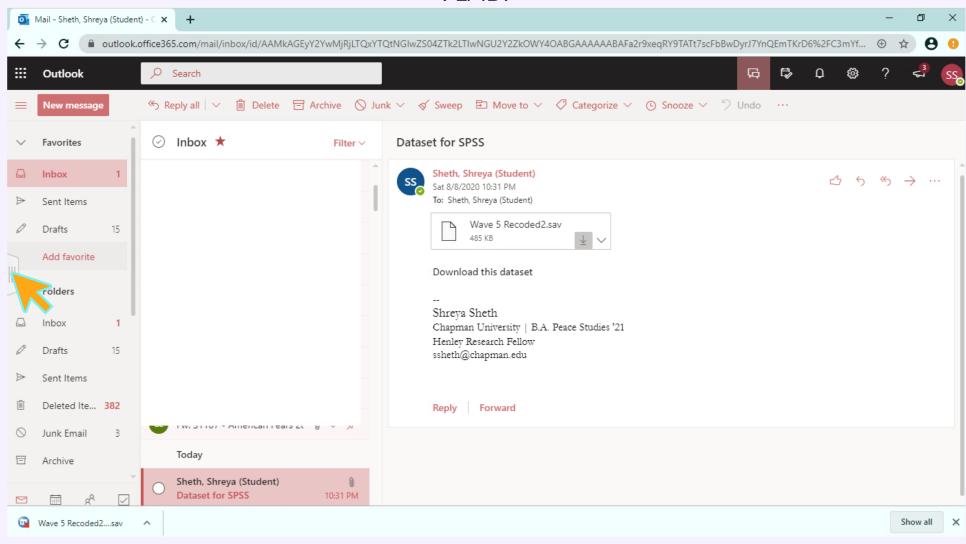
8. You may send the email to yourself after successfully attaching the dataset. In order to use this dataset in Vlab, follow the following steps from "How to Access SPSS through VLAB" for opening this dataset.



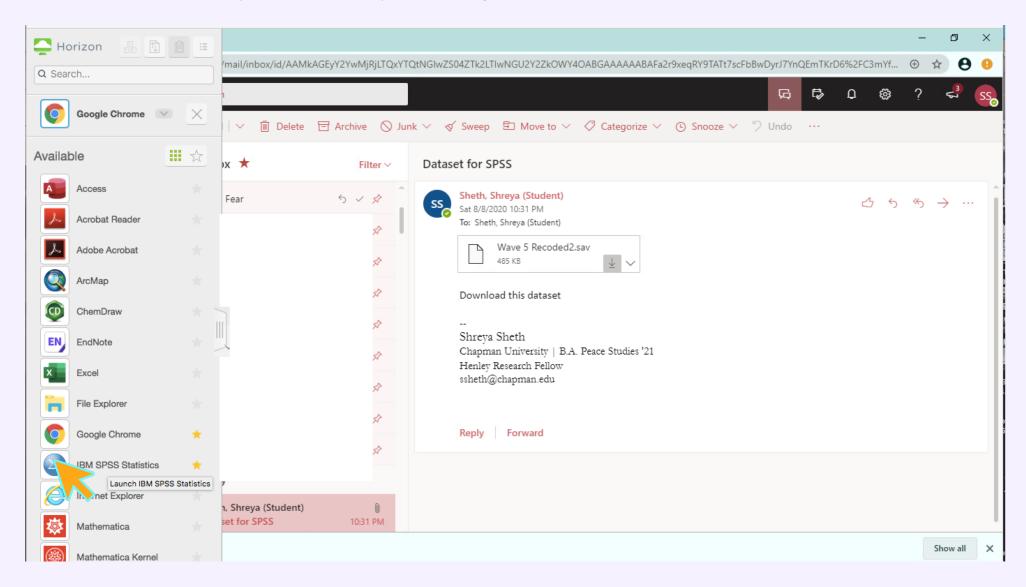
Log in to your Chapman email account and download your dataset (.sav file).



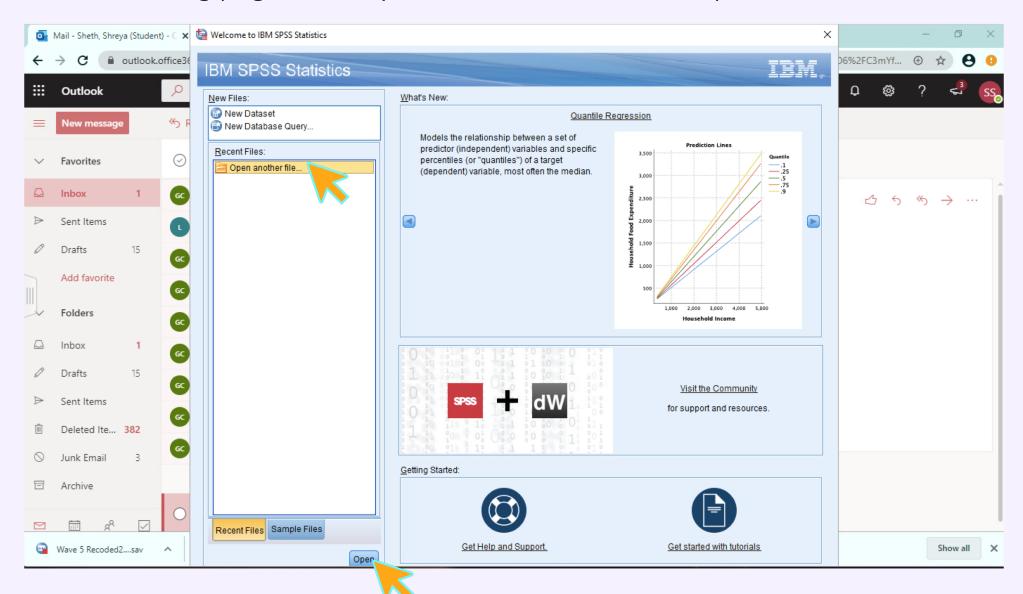
Your download should appear at the bottom, saved into the Downloads folder. Then, click the bar at the left-hand side of your screen to access the applications on VLAB.



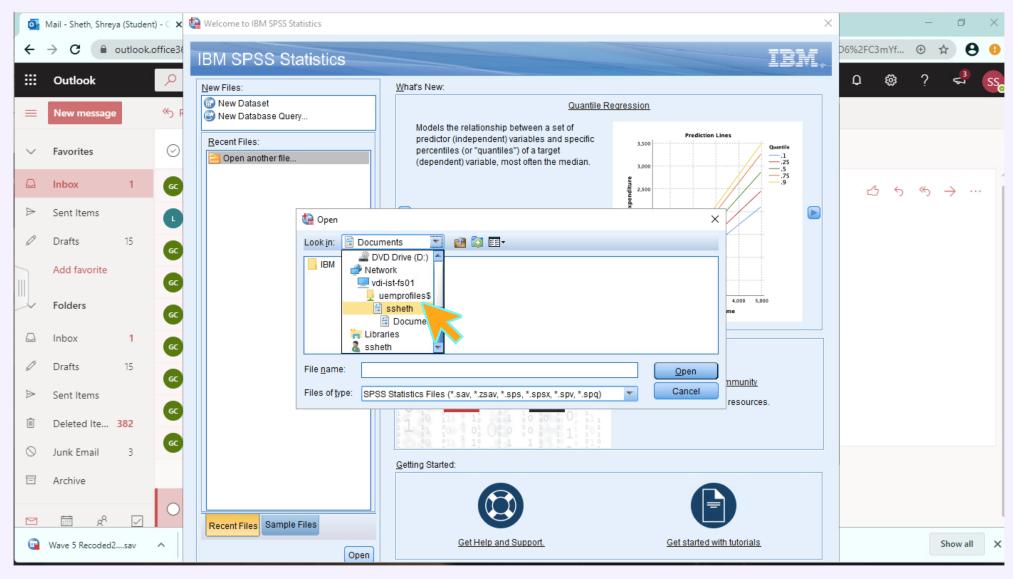
#### Open SPSS by clicking on IBM SPSS Statistics.



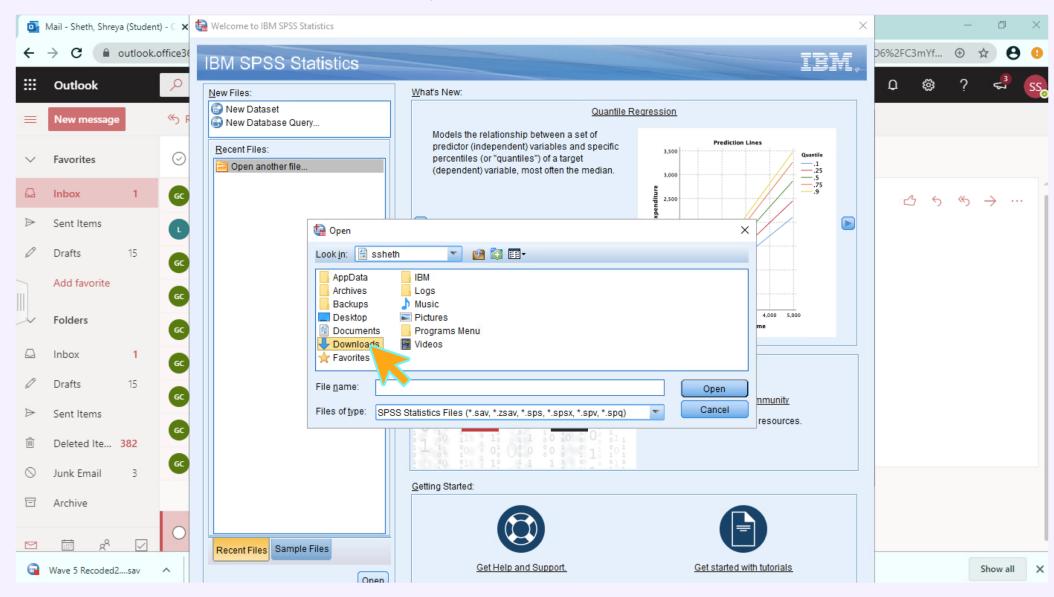
On SPSS's landing page, click Open another file to locate your downloaded dataset.



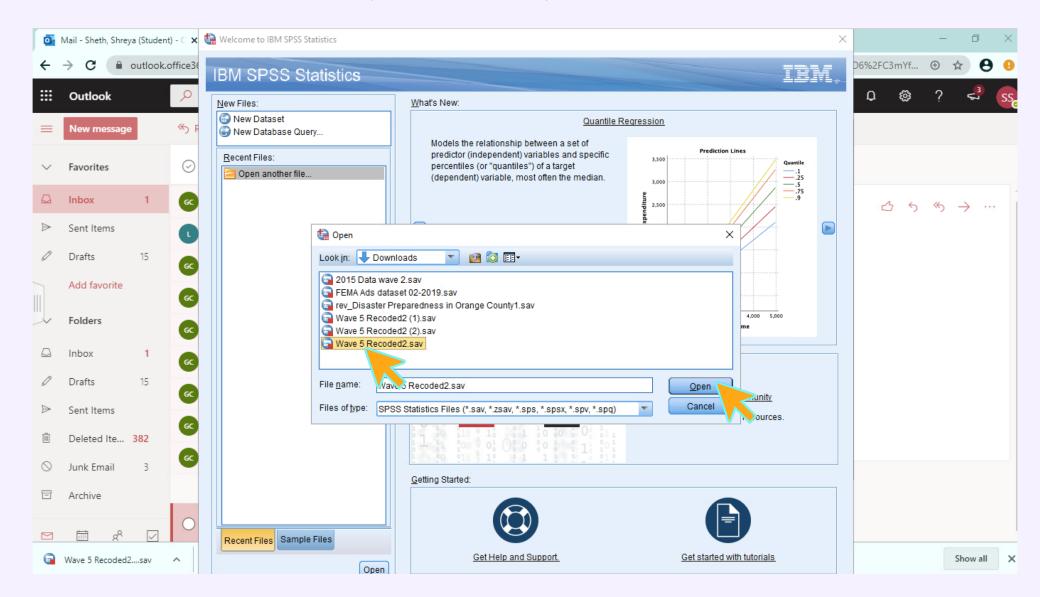
From the drop-down menu, search for the **Downloads** folder. Click your username to view all the folders.



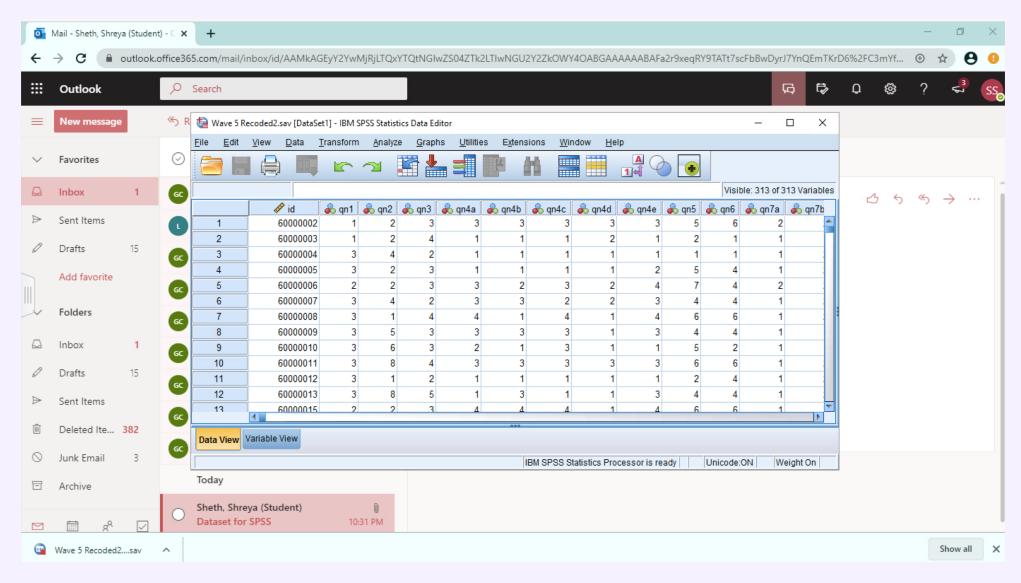
### Click to open the **Downloads** folder



Select the dataset you want to open on SPSS. Then click Open.



SPSS will open the dataset in the window. You can enlarge the window to view it full screen.



# You are ready to use SPSS!

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