# Participate in Harmonize Activities

Harmonize is a discussion and collaboration tool used in some Canvas courses. You open Harmonize activities from your Canvas course. You do need a separate account or download.

## Before you Start

- Use the latest version of Chrome, Edge, or Firefox. Safari 26 or newer also works but blocks cookies Harmonize needs by default.
- If Harmonize shows a blank screen or asks about cookies, allow third-party cookies for Canvas or choose to open Harmonize in a new window.
- Allow camera and microphone access if you will record video or audio.

## Create a Post

1. Open the Harmonize activity in Canvas and read the instructions.
2. Select Create new post.
3. Enter a Subject, then type your response or add media and files.
4. Select Preview to check your post, then select Publish.

Your post needs a subject and either text or an attached file. Drafts save automatically.

## Keep Track of Your Work

- An activity may have more than one due date, called milestones. Check the top of the activity for each one, since Canvas may show only the last.
- Harmonize sends its own emails from noreply@harmonizelearning.com. Add this address to your safe senders list.
- Grades appear in Canvas after your instructor grades the activity.

## Good to Know

- To let classmates annotate your video, record it or upload the file. Videos shared as a YouTube of Panopto link cannot be annotated.
- Student video recordings stop at 5 minutes by default.
- Posts flagged as a question for the teacher stay visible to classmates. For private questions, message your instructor through the Canvas Inbox.

## Need Help?

- Step-by-step Harmonize guides: help.harmonizelearning.com/hc/en-us/articles/15800764408973
- Questions about your course, due dates, or grades: contact your instructor.
- Technical help: ITS Helpdesk, technicalsupport@gulfcoast.edu, 850.913.3303, Monday-Friday, 7:00 a.m.-12:00 a.m. CST