

# HOW TO FIND AND LISTEN TO AN OSOT PODCAST



**Podcasts are a great way to learn about new ideas in a fun and convenient way!** The Ontario Society of Occupational Therapists' (OSOT) podcast series are audio programs that you can listen to online or on-the-go.

Listen any time, either on your computer or smart device.

Here's how:

## Listening on a Computer

1. If you see an OSOT podcast you are interested in, maybe from an email or social media post, click the link that is provided. You can also find all OSOT podcast series on our [website](#).
2. When you click the link, you are directed to the main podcast page. OSOT uses a website called Anchor to publish podcast episodes.
3. On Anchor, you can read the podcast description and listen to episodes.
4. Anchor is not the only place to listen to podcasts. Under "More Places to Listen" you will find a list of streaming platforms on which the podcast can be listened. Recognize your favourite streaming platform? Click on the icon and start listening!
5. If you have never used a streaming platform, don't worry! You can listen to the podcast on the Anchor webpage with these easy steps.
  - a) Scroll past the "More Places to Listen" menu, you will see an audio player (like the picture below) with a list of available podcast episodes.

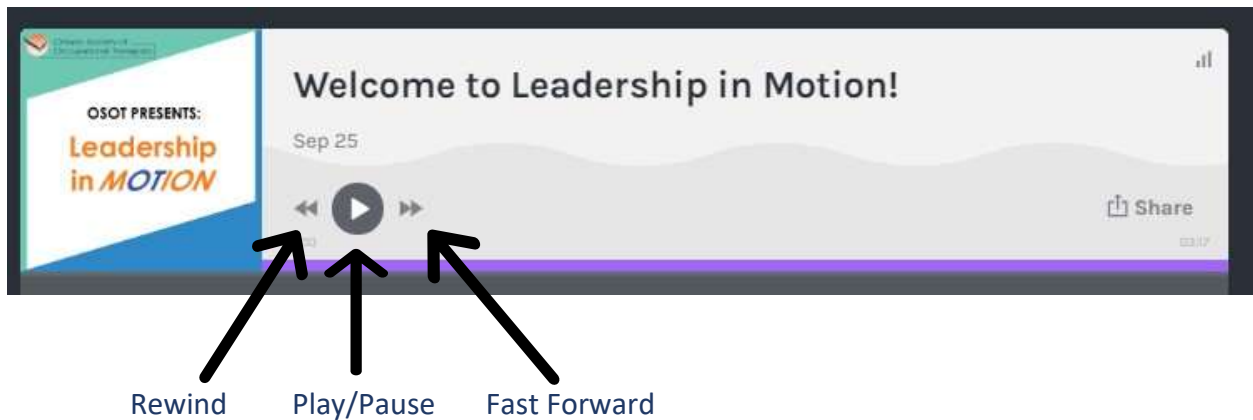
- b) To read each episode description and to find links to resources that are mentioned in the episode, click on the grey circle icon with a white minus symbol to show additional text (see below).
- c) Once you decide to which episode you want to listen, click the play button to the left of the episode description (see below), which overlaps the podcast cover art.



c. Play Button

b. Read more of the episode description and locate links

- 6. Press play, and the episode will start. You can control your listening with the podcast player located at the top of the list of podcast episodes. Here, you can play, pause, fast forward, and rewind the episode!



- 7. You have now listened to your first OSOT podcast!

## Listening on a Smart Device

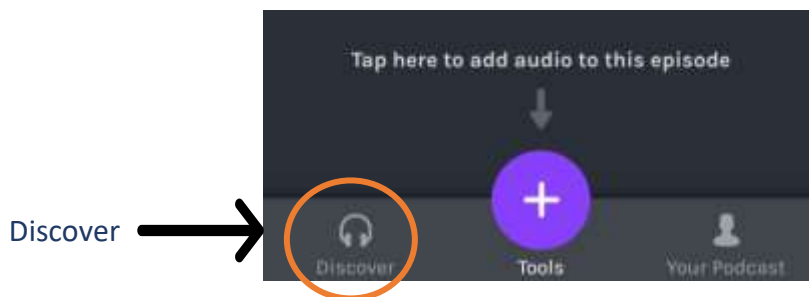
To listen on your smart phone or tablet, you can follow the above instructions using your device's search engine (e.g. Chrome, Safari, etc.). However, you can only play and pause episodes using this method and will not be able to read episode descriptions or access links that are mentioned in the episode.

If you already have a streaming app on your device, search the podcast name to see if it is available. If you do not have a preferred streaming app, follow the following instructions:

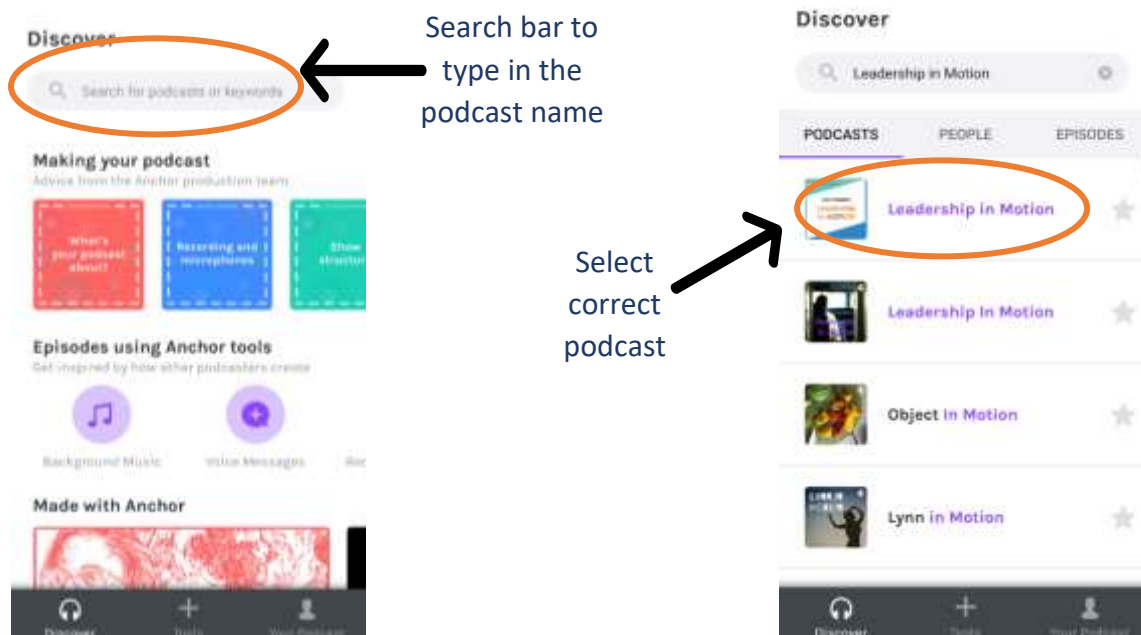
1. Search your device's app store for the Anchor app and download it. This is what the app artwork looks like:



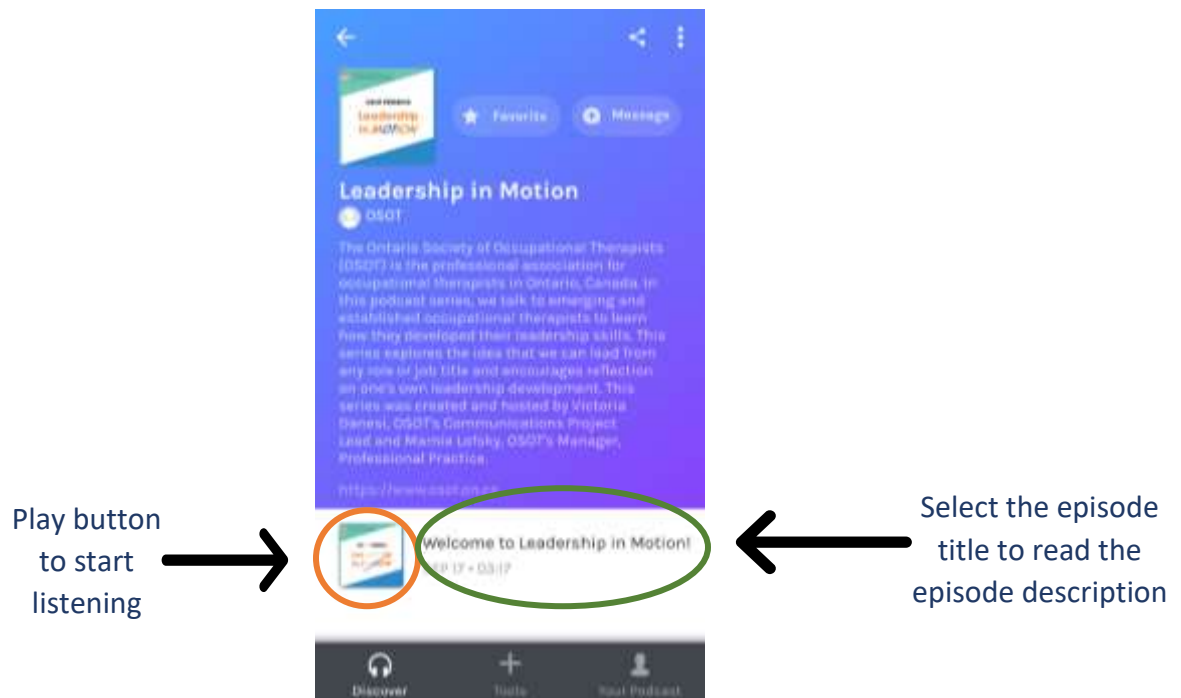
2. Open the app, create a free Anchor account using your email and desired password.
3. Select "Discover" on the bottom left of your screen.



4. In the search bar search the OSOT podcast title (e.g. Leadership in Motion) and select the desired podcast.



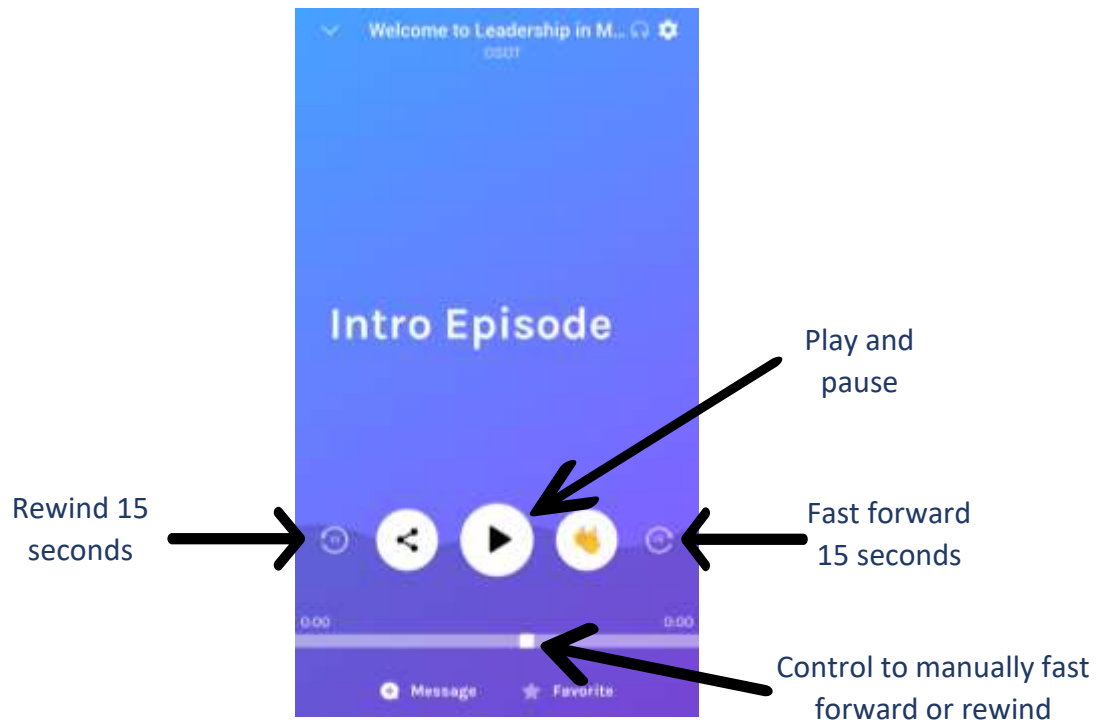
5. You can read the podcast description and search for an episode at the bottom of the page. To read the description of an episode, select the title you want to learn more about. If not, select the play button on the left to start listening.



6. During the episode you can pause, fast forward, or rewind - select the white arrow that appears at the bottom left of your screen.



7. To rewind and fast forward in 15 second increments, use the controls on the far left and right sides of the play button. To manually rewind and fast forward, use the white bar below the main controls.



8. Congratulations! You have now listened to your first OSOT podcast!