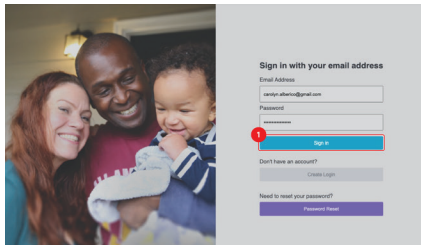
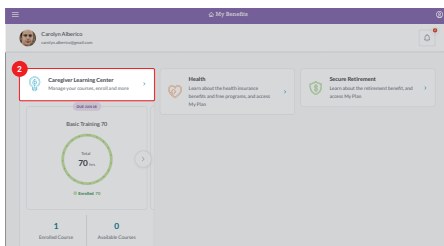


# How to Unenroll from a Course

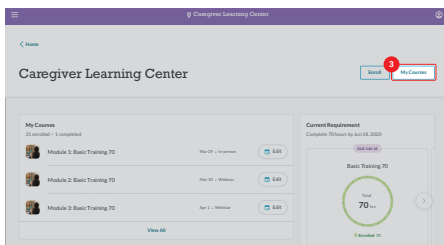
1. Log in to *My Benefits*.



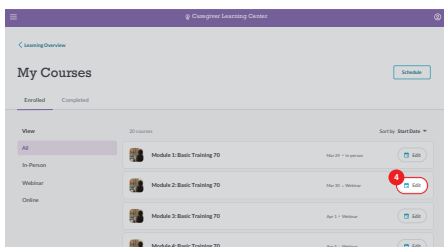
2. After logging in, you will see your *My Benefits* home page. Press on the **Caregiver Learning Center**.



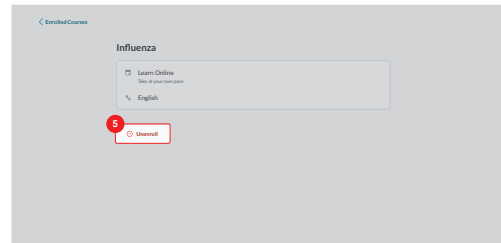
3. Press on **My Courses** in the top right corner to see all the courses you are currently enrolled in.



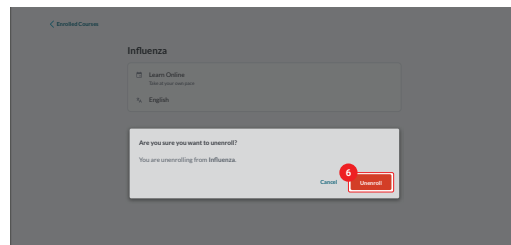
4. Press **Edit** for the course you will like to unenroll from.



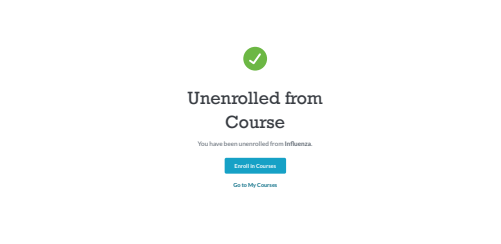
5. Scroll down to the bottom of the page and press the **Unenroll** button.



6. You will be asked if you are sure that you would like to unenroll. You must press the **Unenroll** button.



7. You will then see a confirmation screen that you are unenrolled from the course.



8. Please note that for coursees you attend in person, you will need to contact the Member Resource Center (MRC) if you would like to reschedule the course or enroll in a new one. You can reach the MRC at **1-866-371-3200** or by emailing **mrc@myseiubenefits.org**.