

# Office 2007 Training Videos

## The Microsoft Office Fluent user interface demo

<http://office.microsoft.com/en-us/help/HA101679471033.aspx>

Try out the Microsoft Office Fluent user interface with this interactive demo. In this demo you'll use the Ribbon, Contextual Tabs, Galleries, and Live Preview to quickly and easily get professional results in Microsoft Office Word, Excel, PowerPoint, Access and Outlook. You'll also see side-by-side comparisons with previous versions of the applications that shows how much easier it is to get things done with the Office Fluent user interface.

This is a flash video with simulation. The Intro is about 6 minutes and then there are six simulated practices.

## Up to speed with the 2007 Office system

<http://office.microsoft.com/training/training.aspx?AssetID=RC101482291033>

Two self-paced lessons and two practice sessions for hands-on experience. Practices require the 2007 Office system.

A short test at the end of each lesson; tests are not scored.

A Quick Reference Card you can take away from the course.

**Note** You need to have Word 2007 and Excel 2007 installed on your computer in order to do the practice.

## Up to Speed with Word 2007: Download Demo

<http://office.microsoft.com/en-us/word/HA100484691033.aspx>

Microsoft Office Word 2007 introduces a new feature, the Ribbon, which brings the most popular commands to the forefront. Get familiar with the new design, and see for yourself that you won't have to learn Microsoft Word all over again.

This is a powerpoint presentation that should be downloaded

[Back to CIS Web page](#)