

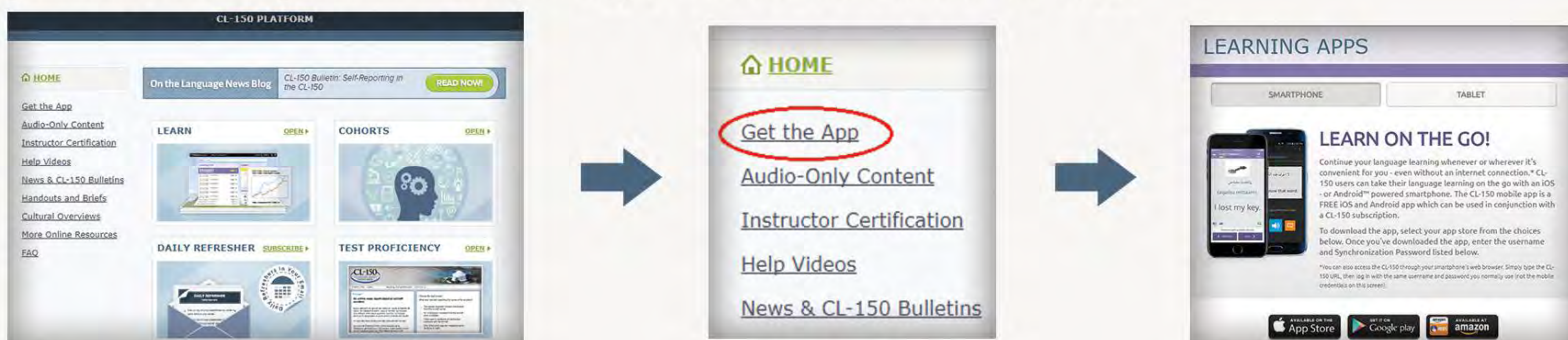
## INITIAL SETUP

**STEP 1:** Go to the SOFTS portal at <https://softsonline.org> and log in with your SOFTS username and password.

**STEP 2:** On the Resource Library page, select "Transparent Language CL-150 Platform" in the left navigation.



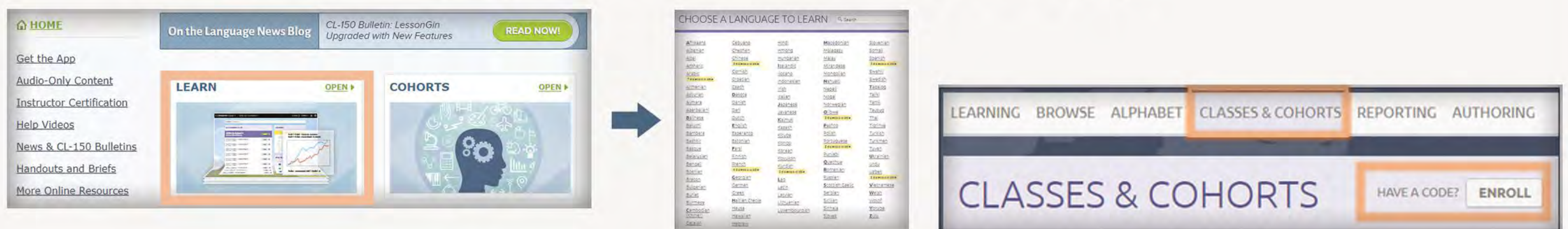
**STEP 3:** Use the online program as described below or use the "Get the App" link on the CL-150 home page to learn on your iPhone, iPad, or Android mobile device.



## CLASSES & GROUPS

*Are you a student in an instructor-led class, or are you looking to join a reporting group?  
Here's how to enroll in a class or group.*

**STEP 1:** On the CL-150 home page, select "LEARN" and choose your language.



**STEP 2:** Click on the "Classes and Cohorts" tab.

**STEP 3:** Click "Enroll", then enter the appropriate code:

Select ENROLL → Enter Class Code → Find → Enroll  
Select ENROLL → Enter Reporting Group Code → Find → Enroll

- To enroll in a CLASS, enter the Class Enrollment Code provided by your instructor.
- To enroll in your unit's REPORTING GROUP, enter the Reporting Group Code provided by your CLPM.

**STEP 4:** Click "Find" to locate your Class, then click "Enroll" again.

**Video Instructions for Enrolling in Classes and Cohorts:**

<https://vimeo.com/transparentlanguage/review/142674670/997b946aca>

## CL-150 COHORTS

*Do you want to sustain your language proficiency?  
Here's how to enroll in your Cohort.*

### What is a CL-150 Cohort?

CL-150 Cohorts are designed to prevent language proficiency drop-off by providing language sustainment lessons for globally dispersed language professionals. Each week, the CL-150 Cohort Team publishes one or more multi-activity language lessons —“sustainment workouts”—across all four modalities at designated ILR levels from 1+ to 3. These lessons are based on authentic content, usually published in the last few weeks or days, and cover professionally relevant topics such as culture, economy, geography, military, politics, science, security, society or technology. Cohort lessons can be completed anytime, anywhere, on almost any computer or mobile device.

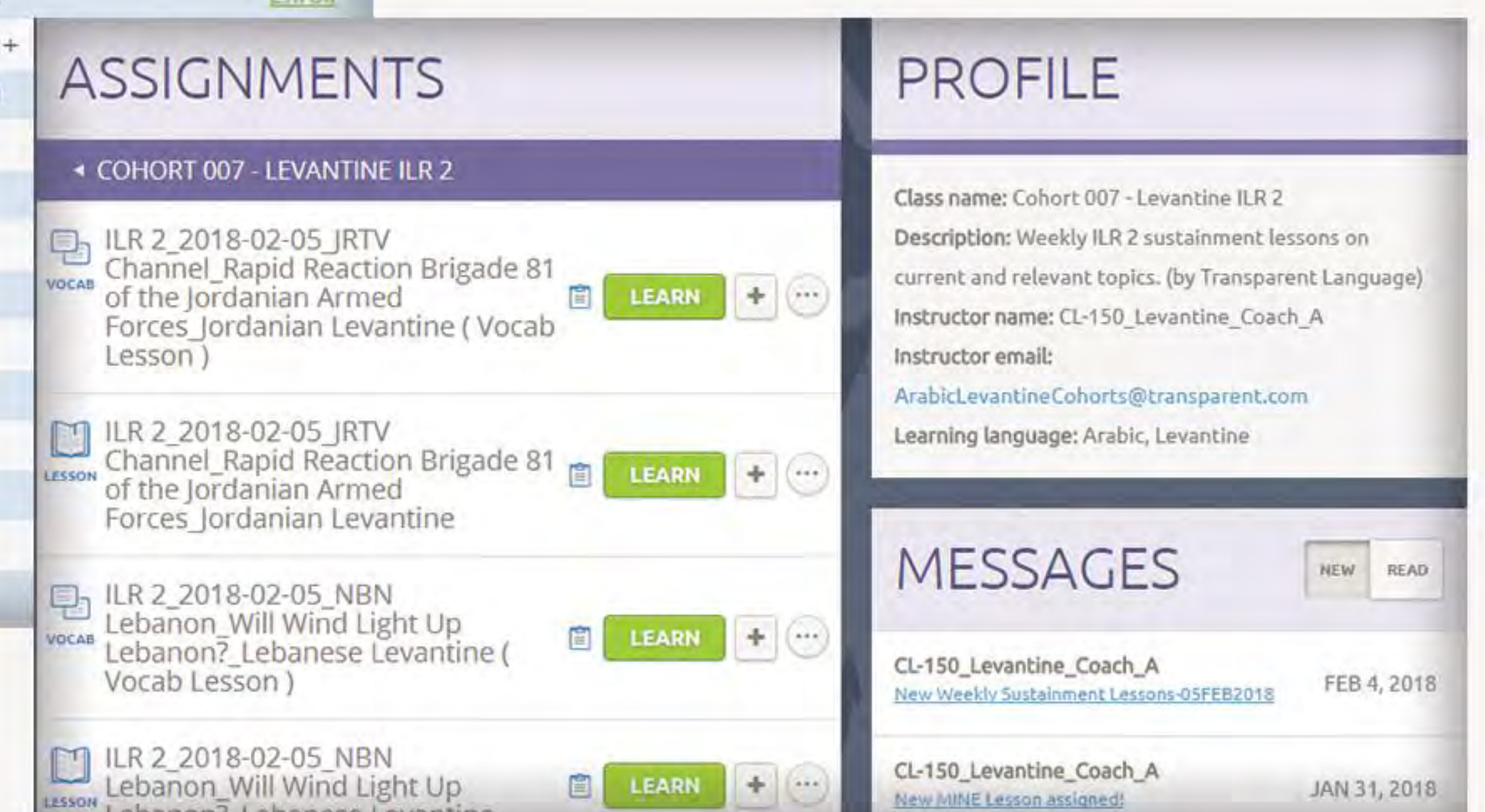
### Enrolling in a CL-150 Cohort

**STEP 1:** On the CL-150 home page, select “COHORTS”.

**STEP 2:** Select the appropriate Cohort language and proficiency level and click “Enroll.”



Language	Action
Arabic (Levantine) ILR 1+	Enroll
Arabic (Levantine) ILR 2	Enroll
Arabic (Levantine) ILR 2+	Enroll
Arabic (Levantine) ILR 3	Enroll
Arabic (Modern Standard) ILR 1+	Enroll
Arabic (Modern Standard) ILR 2	Enroll
Arabic (Modern Standard) ILR 2+	Enroll
Arabic (Modern Standard) ILR 3	Enroll
Chinese (Mandarin) ILR 1+	
Chinese (Mandarin) ILR 2	
Chinese (Mandarin) ILR 2+	
Chinese (Mandarin) ILR 3	
Chinese (Mandarin) ILR 3	
Chinese (Mandarin) ILR 3	
Farsi ILR 1+	
Farsi ILR 2	
Farsi ILR 2+	
Farsi ILR 3	
French ILR 1+	
Indonesian ILR 1+	



You will be enrolled and brought to the Assignments screen to see all the current sustainment workouts for your Cohort. You can also review your assignments and messages.

*Note: To find your Cohorts in the future after enrolling, select “LEARN” on the CL-150 home page, then click the “CLASSES & COHORTS” tab.*

### Cohort Languages and Proficiency Levels Currently Available:

Cohort Language	ILR 1+	ILR 2	ILR 2+	ILR 3
Tagalog	✓			
French	✓			
Indonesian	✓			
Portuguese Brazilian	✓			

*Subscribe to the CL-150 Bulletin to be notified when new Cohort languages and proficiency levels become available.*

Cohort Language	ILR 1+	ILR 2	ILR 2+	ILR 3
Arabic (Iraqi)		✓	✓	✓
Arabic (Levantine)	✓	✓	✓	✓
Arabic (Modern Standard)	✓	✓	✓	✓
Chinese (Mandarin)	✓	✓	✓	✓
Farsi	✓	✓	✓	✓
Hebrew		✓	✓	✓
Korean	✓	✓	✓	✓
Pashto (Afghan)	✓	✓	✓	✓
Pashto (Pakistani)		✓	✓	✓
Russian	✓	✓	✓	✓
Spanish (Latin American)	✓	✓	✓	✓
Urdu		✓	✓	✓