



UNIVERSITY of LIMERICK
OLLSCOIL LUIMNIGH

Steps to obtaining your results from the

Certificate in Exercise and Health Fitness



Step 1

Go to the University of Limerick website homepage at www.ul.ie



Step 2

Right across from the University of Limerick banner, click 'Students & Staff' link.

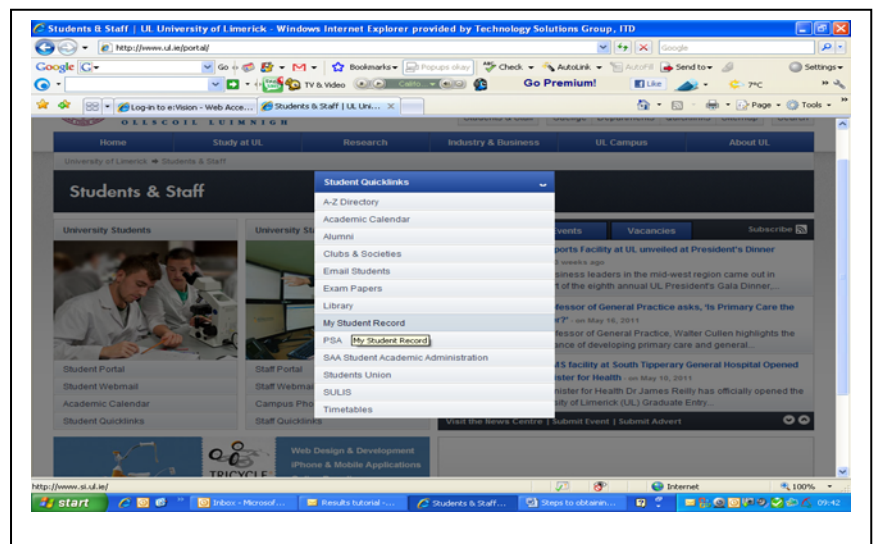
Under the 'University Students' Menu on the left side of the page, click on 'Student Quicklinks'.



Step 3

This will bring up a menu and you should click on the link 'My Student Record' which will bring you into a secondary website:-

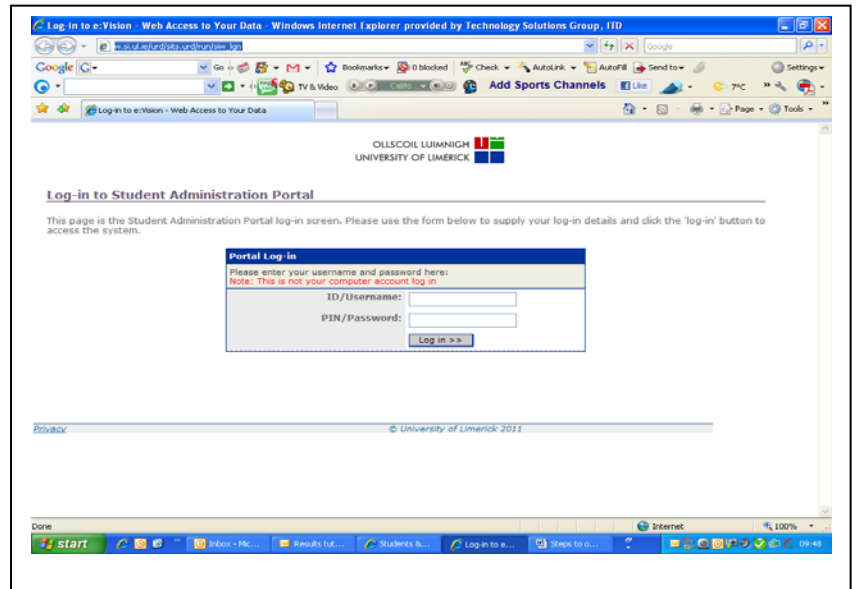
http://www.si.ul.ie/urd/sits.urd/run/siw_lgn



Step 4

1. Enter your student number from your University of Limerick Student ID card in the ID/User-name box.
2. The first time you access your account your pin is automatically set to 9999
3. Click on the 'Login' button and you will be required to change this to your own pin.
4. You are the only person with access to this pin so if you forget it you must contact sifeedback@ul.ie to request them to reset it to 9999.
5. For extra security, you will be required to type in your date of birth in 6 digit format ddmmyy

Click on the 'Go' button and this will bring you to your results page.



Alternatively, just type this direct link into your website browser, click 'Go' or the 'Enter' button on your keyboard and you will be brought directly to the 'Student Administration' portal.

http://www.si.ul.ie/urd/sits.urd/run/siw_lgn