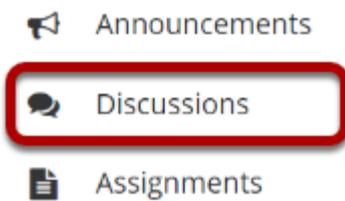


# How do I watch or subscribe to Discussions?

In order to stay notified of recent posts on a discussion, the Notifications option is helpful.

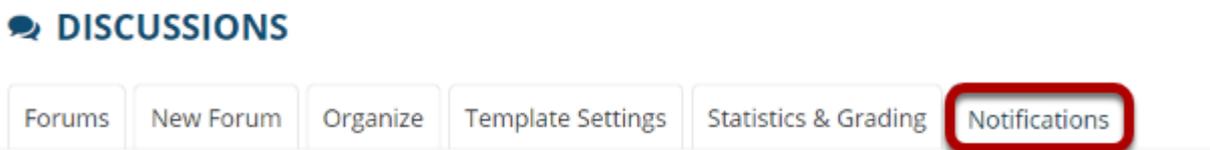
*Note: New post notifications will be sent to the user's external/institutional email address, not via the Messages tool.*

## Go to Discussion.



Select the Discussions tool from the Tool Menu of your site.

## Click Notifications.



## Choose your notification preference.

### Forums Notification Options

Use the settings below to change what notifications **you** receive when activity in the forums of **this** site take place. Some topics may not allow email notifications.

- Send me an email whenever a new message is posted (to topics that allow notifications)
- Send me an email when a conversation that I have contributed to receives a new message (within topics that allow notifications)
- No notification

Select whether an email is desired for **whenever a new message is posted** on the Discussion, for **every new message posted on a conversation that the user has contributed to**, or to simply **turn off all notifications**.

**Click Save.**

