Title
Abstract

I added this abstract. The double title page is in question. And the font and spacing is dependant on the teacher’s wishes. The program is buggy: some page formats are messed up and some headings don’t stick to the top of the page like they are supposed to. Someone more skillful than I can fix these if they wish (and email me a fixed copy!).
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List of Symbols
1 How to use

When inserting a figure do the following:

- Copy figure in (I use paint to crop)
- Right click figure and add caption; you can select figure or table
- Give title and center

![Figure 1: Title](image1.png)

When referring to figure or table in text do the following:

- Insert -> reference -> cross reference -> see Figure 2. (select figure or table, only label and number, then select figure/table number)

![Figure 2: What to choose when inserting a cross reference](image2.png)

This puts the “figure 1” in your text. Example is Dr. Barrett is wearing a red shirt as shown in Figure 1.

The nice thing about this is that when you add in more figures (even more figures in front of the ones you’ve already made) the figure numbers will update, as will the references.
To update do the following:

- ‘Ctrl A’ to select all text
- ‘F9’ to update tables and such
- Select entire table button as shown in Figure 3.

Figure 3: Buttons!

This updates the list of figures and table of contents and such

1.1 When adding headings or subheadings just type up the heady name, highlight it and change the style to heading 1 or heading 1.1…

Figure 4: Headings
You may have to add in heading options 1.1, 1.11… by going to styles and selecting, ‘show all available’.

Figure 5: Styles
Figure 6: More styles

Enjoy!
2 Introduction
3 **References**