

# Contents

<b>Introduction</b>	<b>11</b>
Downloading the sample files.....	11
Problem resolution .....	11
Excel version and Region format settings used to write this book .....	11
Typographical Conventions Used in This Book .....	12
<b>How to use this course</b>	<b>14</b>
Three important rules.....	14
How to work through the lessons .....	15
How to best use the incremental sample files.....	15
<b>Session One: Basic Skills</b>	<b>17</b>
Session Objectives .....	17
Lesson 1-1: Start Excel and open a new blank workbook .....	18
Lesson 1-2: Understand Update Channels .....	20
Lesson 1-3: Check that your Excel version is up to date .....	22
Lesson 1-4: Change between touch mode and mouse mode .....	24
Lesson 1-5: Change the Office Theme.....	26
Lesson 1-6: Maximize, minimize, re-size, move and close the Excel window .....	28
Lesson 1-7: Download the sample files and open/navigate a workbook.....	30
Lesson 1-8: Save a workbook to a local file .....	32
Lesson 1-9: Understand common file formats .....	34
Lesson 1-10: Pin a workbook and understand file organization.....	36
Lesson 1-11: View, move, add, rename, delete and navigate worksheet tabs.....	38
Lesson 1-12: Use the Versions feature to recover an unsaved Draft file .....	40
Lesson 1-13: Use the Versions feature to recover an earlier version of a workbook .....	42
Lesson 1-14: Use the Ribbon .....	44
Lesson 1-15: Understand Ribbon components .....	46
Lesson 1-16: Customize the Quick Access Toolbar and preview the printout.....	48
Lesson 1-17: Use the Mini Toolbar, Key Tips and keyboard shortcuts .....	50
Lesson 1-18: Understand views .....	52
Lesson 1-19: Hide and Show the Formula Bar and Ribbon .....	54
Lesson 1-20: Use the Tell Me help system .....	56
Lesson 1-21: Use other help features.....	58
Session 1: Exercise.....	61
Session 1: Exercise answers .....	63
<b>Session Two: Doing Useful Work with Excel</b>	<b>65</b>
Session Objectives .....	65

Lesson 2-1: Enter text and numbers into a worksheet .....	66
Lesson 2-2: Create a new workbook and view two workbooks at the same time .....	68
Lesson 2-3: Use AutoSum to quickly calculate totals.....	70
Lesson 2-4: Select a range of cells and understand Smart Tags.....	72
Lesson 2-5: Enter data into a range and copy data across a range .....	74
Lesson 2-6: Select adjacent and non-adjacent rows and columns .....	76
Lesson 2-7: Select non-contiguous cell ranges and view summary information .....	78
Lesson 2-8: AutoSelect a range of cells .....	80
Lesson 2-9: Re-size rows and columns.....	82
Lesson 2-10: Use AutoSum to sum a non-contiguous range .....	84
Lesson 2-11: Use AutoSum to calculate average and maximum values .....	86
Lesson 2-12: Create your own formulas .....	88
Lesson 2-13: Create functions using Formula AutoComplete .....	90
Lesson 2-14: Use AutoFill for text and numeric series.....	92
Lesson 2-15: Use AutoFill to adjust formulas .....	94
Lesson 2-16: Use AutoFill options .....	96
Lesson 2-17: Speed up your AutoFills and create a custom fill series .....	98
Lesson 2-18: Understand linear and exponential series .....	100
Lesson 2-19: Use automatic Flash Fill to split delimited text.....	102
Lesson 2-20: Use manual Flash Fill to split text .....	104
Lesson 2-21: Use multiple example Flash Fill to concatenate text .....	106
Lesson 2-22: Use Flash Fill to solve common problems .....	108
Lesson 2-23: Analyze Data with the Ideas feature .....	110
Lesson 2-24: Use the zoom control .....	112
Lesson 2-25: Print out a worksheet.....	114
Session 2: Exercise .....	117
Session 2: Exercise answers.....	119