

1. If you don't remember your username and password:
2. Request your password at the login screen by clicking Forgot Password, entering your email, and then click request password.

*The password reset email will come from Notifications@instructure.com. The email may go to your spam or junk folder.

The image displays two sequential screenshots of the Cognia login page. The first screenshot shows the login form with fields for Email and Password, a 'Log In' button, and a 'Forgot Password?' link. A red arrow points to the 'Forgot Password?' link. The second screenshot shows the password reset form with an Email field and a 'Request Password' button. A red arrow points to the 'Request Password' button. Both screenshots include the Cognia logo, a link for 'Parent of a Canvas User?', and various footer links including Help, Privacy Policy, Cookie Notice, Acceptable Use Policy, Facebook, and Twitter. The Instructure logo and 'Meet the Instructure Learning Platform' text are also present at the bottom of both pages.

3. Contact oktechsupport@cognia.org for assistance.