

First Time Online Submission Instructions

Go to the journal website: <http://journals.sfu.ca/abr/>

Click on **REGISTER**

Fill out the form.

Make sure you check the *Register as: Author: Able to submit items to the journal* tick box (and others as applicable).

Submit the form (it might reject, for example, if you mistype the validation text, just try again).

Once the form is successfully submitted, you'll see the *User Home* where you can see your roles such as **Author** or **Reviewer**.

Click on **Author** and it will take you to the *Active Submissions* page.

You'll see this:

Start a New Submission

CLICK HERE to go to step one of the five-step submission process.

Follow the five steps and the last step is "confirm submission." After you finish step five, you'll be taken to your *Active Submissions* page.