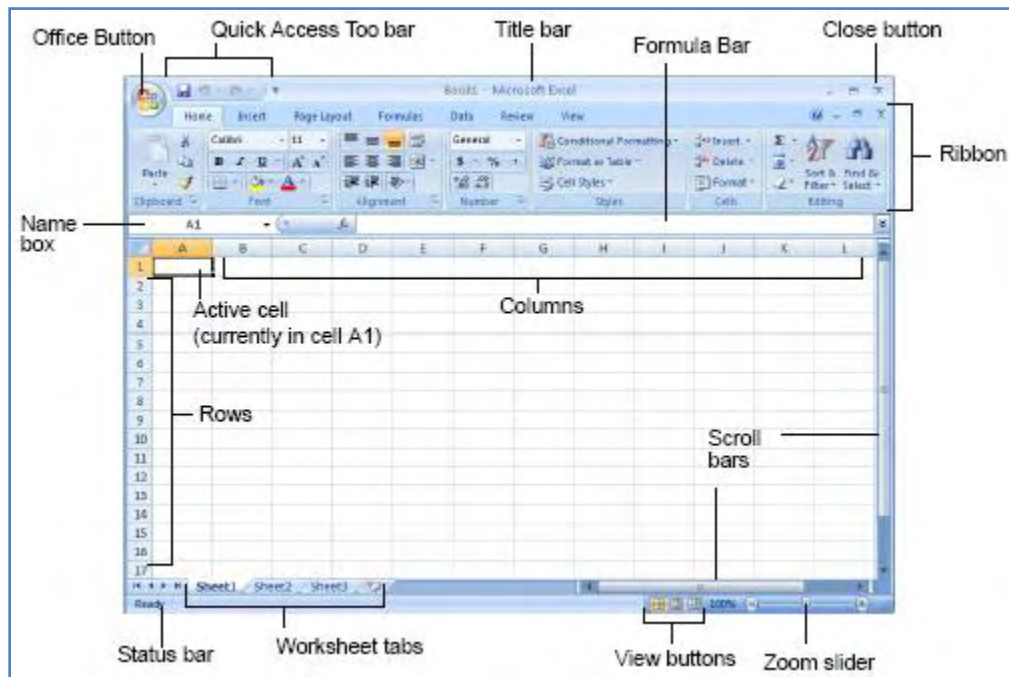
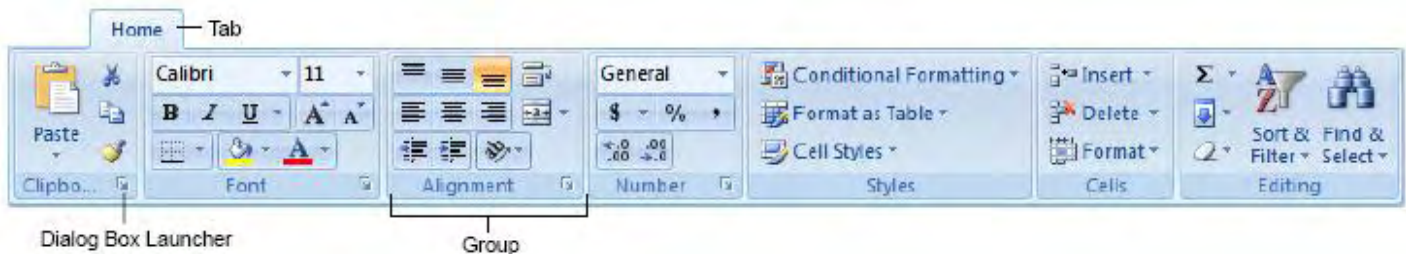


MS Office Excel 2007 Training

1. Excel 2007 Screen Overview



2. Using the Ribbon



3. Hands-On Exercise

a. Creating a new Workbook

1. Run MS Excel 2007

b. Enter the data

1. Go to cell C2 and enter the region name **North**
2. In cells C3 to C5 enter the remaining region names
3. Go to cell D1 and enter the month; in this case **March**
4. In cells E1 to G1 enter the remaining months
5. Enter the numbers for each region and month

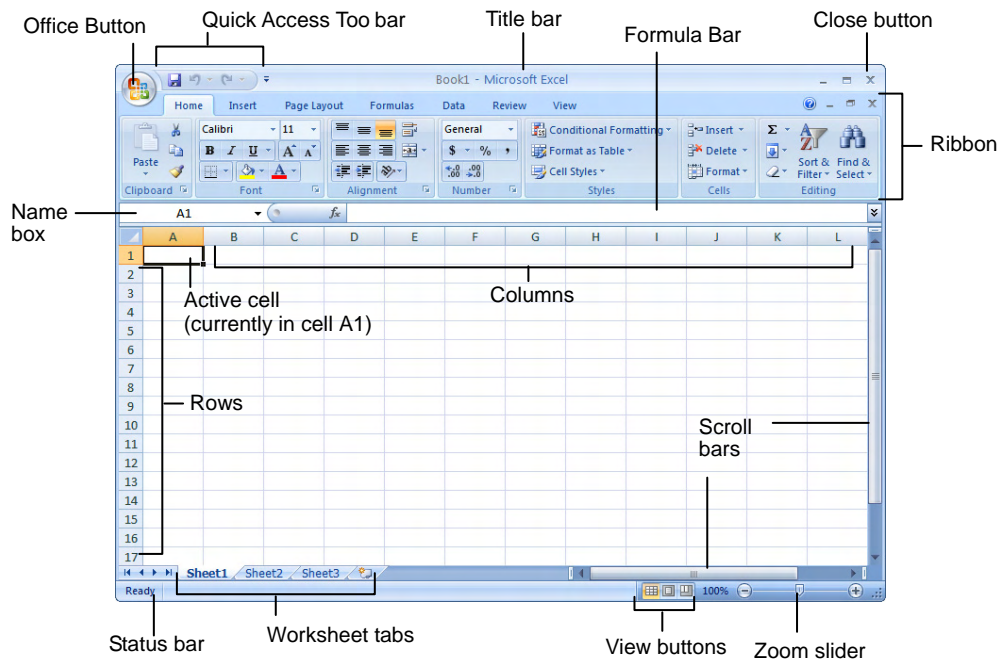
c. Creating Formulas

1. Enter in C6 and H6 **Total**
2. From the Home Tab, go to cell D6. Click on the Sigma Σ symbol (Sum Function)
3. The range of cells above D6 are selected and shows a formula; press **Enter**.
4. The cell shows the total for that column
5. Repeat this process for the cells E6, F6 and G6
6. Go to H2 and do the same process. This time it adds the row.

MS Office Excel 2007 Training

- 7.Repeat this process for the cells H3, H4, H5 and H6.
- 8.You should have a complete table
- d. Formatting the table
 - 1.Select the range of cells **D2 to H6**
 - 2.From the **Styles group** select **Cell Styles**
 - 3.Under **Title and Headings section** select **40%-Accent3**
 - 4.Select from **C1 to C6**
 - 5.Again from the **Styles group** select **Cell Styles**
 - 6.Under **Title and Headings section** select **Accent2**
 - 7.Select from **D1 to H1**
 - 8.Repeat the above process and apply the **Accent2** Style
 - 9.Select from **D1 to H6** and **center** all the data
- e. Creating a Spreadsheet Heading
 - 1.Click the **View Tab**
 - 2.From the **Workbook Views group** select **Page Layout**
 - 3.The spreadsheet shows the rulers and a Header section
 - 4.Click on the “**Click to add Header**” section
 - 5.Type the Spreadsheet Heading “**HBU Admissions Report**”
 - 6.Click on cell B2
- f. Inserting a Chart
 - 1.Click the **Insert Tab**
 - 2.Select from **C1 to G5** (do not include the totals)
 - 3.From the **Charts group** select **Column**
 - 4.From the **3-D Column section** select the **first format** (3-D Clustered Columns)
 - 5.**Drag and center** the chart below the table
 - 6.Make sure the chart is selected
 - 7.Notice that you are now in the **Design Tab** for the Chart Tools
 - 8.Select the **Layout Tab** of this Chart Tools section
 - 9.From the **Labels group**, click on **Chart Title**
 10. Select the **Above Chart** position
 11. **Click on the chart title**, delete its content and replace it with “**Admissions Report**”
 12. From the **Labels group**, click **Axis Titles**
 13. Select **Primary Horizontal Axis Title** and select **Title Below Axis**
 14. Click on the x-axis or horizontal axis and replace it with “**Month**”
 15. Again, from the **Labels group**, click **Axis Titles**
 16. Select **Primary Vertical Axis Title** and select **Rotated Title**
 17. Again, click on the y-axis or vertical axis and replace it with “**Students**”
 18. Click on cell B30 and enter your name here; click **Enter**
- g. Saving your Workbook
 - 1.Make sure you are in the **Home Tab**
 - 2.Click the **Office Button** and select **Save As** (the default file format is Excel Workbook)
 - 3.In the **Save As dialog box** name the workbook “**Excel Exercise**”
 - 4.Click **Save**
- h. Printing
 - 1.Print the document (**Office Button** and select **Print**)
 - 2.Sign the printout and submit before leaving the training session

The Excel 2007 Screen



Keyboard Shortcuts

General

Open a Workbook	<Ctrl> + <O>
Create New	<Ctrl> + <N>
Save a Workbook	<Ctrl> + <S>
Print a Workbook	<Ctrl> + <P>
Close a Workbook	<Ctrl> + <W>
Help	<F1>
Run Spelling Check	<F7>

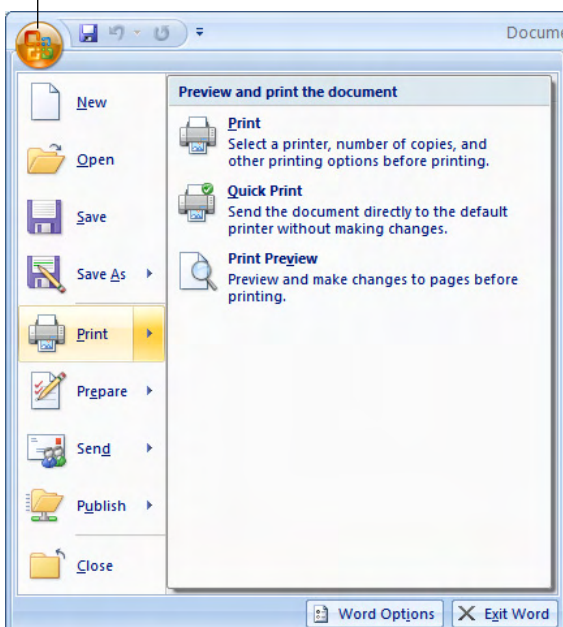
Navigation:

Move Between Cells	<↑>, <↓>, <←>, <→>
Go One Cell to the Right	<Tab>
Go One Cell to the Left	<Shift> + <Tab>
Down One Cell	<Enter>
Up One Cell	<Shift> + <Enter>
Up One Screen	<Page Up>
Down One Screen	<Page Down>
To Cell A1	<Ctrl> + <Home>
To Last Cell with Data	<Ctrl> + <End>
Open Go To Dialog Box	<F5>

The Fundamentals

The **Office Button**, located in the upper left-hand corner of the program window, replaces the File menu found in previous versions of Microsoft Excel. The Office Button menu contains basic file management commands, including New, Open, Save, Print and Close.

Office Button



- To Create a New Workbook: Click the **Office Button**, select **New**, and click **Create**, or press <Ctrl> + <N>.
- To Open a Workbook: Click the **Office Button** and select **Open**, or press <Ctrl> + <O>.
- To Save a Workbook: Click the **Save button** on the Quick Access Toolbar, or press <Ctrl> + <S>.
- To Save a Workbook with a Different Name: Click the **Office Button**, select **Save As**, and enter a new name for the presentation.
- To Preview a Workbook: Click the **Office Button**, point to **Print**, and select **Print Preview**.
- To Print a Workbook: Click the **Office Button** and select **Print**, or press <Ctrl> + <P>.
- To Quick Print: Click the **Office Button**, point to **Print**, and select **Quick Print**.
- To Undo: Click the **Undo button** on the Quick Access Toolbar or press <Ctrl> + <Z>.
- To Close a Workbook: Click the **Close button** or press <Ctrl> + <W>.
- To Get Help: Press <F1> to open the Help window. Type your question and press <Enter>.
- To Exit Excel: Click the **Office Button** and click **Exit Excel**.

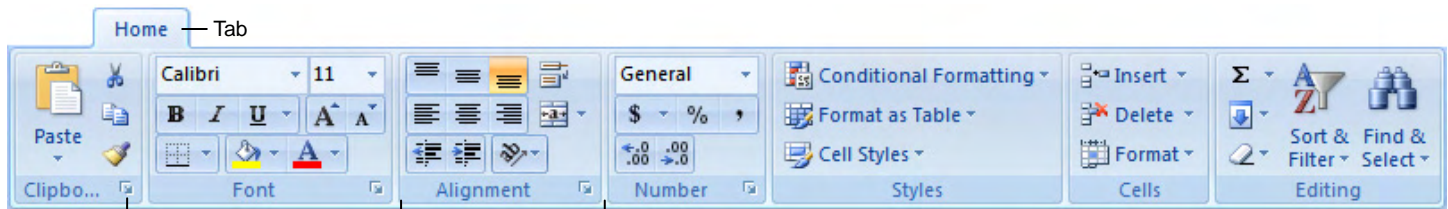
Editing

Cut	<Ctrl> + <X>
Copy	<Ctrl> + <C>
Paste	<Ctrl> + <V>
Undo	<Ctrl> + <Z>
Redo	<Ctrl> + <Y>
Find	<Ctrl> + <F>
Replace	<Ctrl> + <H>
Select All	<Ctrl> + <A>

Formatting

Bold	<Ctrl> +
Italics	<Ctrl> + <I>
Underline	<Ctrl> + <U>
Open Format Cells Dialog Box	<Ctrl> + <E>

Editing



Dialog Box Launcher

Group

- **To Edit a Cell's Contents:** Select the cell, click the Formula Bar, edit the cell contents, and press **<Enter>** when you're finished.
- **To Clear a Cell's Contents:** Select the cell(s) and press the **<Delete>** key.
- **To Cut or Copy Data:** Select cell(s) and click the **Cut** or **Copy** button in the Clipboard group on the Home tab.
- **To Paste Data:** Select the destination cell(s) and click the **Paste** button in the Clipboard group on the Home tab.
- **To Copy Using Auto Fill:** Point to the fill handle at the bottom-right corner of the selected cell(s), then drag to the destination cell(s).
- **To Move or Copy Cells Using Drag and Drop:** Select the cell(s) you want to move or copy, position the pointer over any border of the selected cell(s), then drag to the destination cells. To copy, hold down **<Ctrl>** key while dragging.
- **To Paste Special:** Cut or copy the cell(s), select the destination cell(s), click the **Paste** button list arrow in the Clipboard group on the Home tab, and select **Paste Special**. Select an option and click **OK**.
- **To Insert a Column or Row:** Right-click the selected row or column heading(s) to the right of the column or below the row you want to insert and select **Insert** from the contextual menu.
- **To Delete a Column or Row:** Select the row or column heading(s) and either right-click them and select **Delete** from the contextual menu, or click the **Delete** button in the Cells group on the Home tab.
- **To Insert a Comment:** Select the cell where you want to insert a comment and click the **Review** tab on the Ribbon. Click the **New Comment** button in the Comments group. Type a comment, then click outside the comment text box. Point to the cell to view the comment.

Formatting

- **To Format Text:** Use the commands in the Font group on the Home tab, or click the **Dialog Box Launcher** in the Font group to open the Font dialog box.
- **To Format Values:** Use the commands in the Number group on the Home tab, or click the **Dialog Box Launcher** in the Number group to open the Format Cells dialog box.
- **To Copy Formatting with the Format Painter:** Select the cell(s) with the formatting you want to copy and click the **Format Painter** button in the Clipboard group on the Home tab. Then, select the cell(s) you want to apply the copied formatting to.
- **To Change Cell Alignment:** Select the cell(s) and click the appropriate alignment button (**Align Left**, **Center**, **Align Right**) in the Alignment group on the Home tab.
- **To Adjust Column Width:** Drag the right border of the column header. Double-click the border to AutoFit the column according to its contents.
- **To Adjust Row Height:** Drag the bottom border of the row header. Double-click the border to AutoFit the row according to its contents.
- **To Add Cell Borders:** Select the cell(s), click the **Border** button list arrow in the Font group on the Home tab, and select a border type.
- **To Add Cell Shading:** Select the cell(s), click the **Fill Color** button list arrow in the Font group on the Home tab, and select a fill color.
- **To Apply a Document Theme:** Click the **Page Layout** tab on the Ribbon, click the **Themes** button in the Themes group, and select a theme from the gallery.
- **To Insert a Header or Footer:** Click the **Insert** tab on the Ribbon and click the **Header & Footer** button in the Text group. Enter header text.

Formulas and Functions

- **To Total a Cell Range:** Click the cell where you want to insert the total and click the **Sum** button in the Editing group on the Home tab. Verify the selected cell range and click the **Sum** button again.
- **To Enter a Formula:** Select the cell where you want to insert the formula, press **<=>**, and enter the formula using values, cell references, operators, and functions. Press **<Enter>** when you're finished.
- **To Insert a Function:** Select the cell where you want to enter the function and click the **Insert Function** button on the Formula Bar.
- **To Reference a Cell in a Formula:** Type the cell reference (for example, B5) in the formula or click the cell you want to reference.
- **To Create an Absolute Cell Reference:** Precede the cell references with a \$ sign or press **<F4>** after selecting a cell range to make it absolute.
- **To Use Several Operators or Cell Ranges:** Enclose the part of a formula you want to calculate first in parentheses.

Charts

- **To Create a Chart:** Select the cell range that contains the data you want to chart and click the **Insert** tab on the Ribbon. Click a chart type button in the Charts group and select the chart you want to use from the list.

Workbook Management

- **To Add a New Worksheet:** Click the **Insert Worksheet** tab next to the sheet tabs at the bottom of the program screen.
- **To Delete a Worksheet:** Select the sheet want to delete, click the **Delete** button in the Cells group on the Home tab, and select **Delete Sheet**. Or, right-click the sheet tab and select **Delete** from the contextual menu.
- **To Rename a Worksheet:** Double-click the sheet tab, enter a new name for the worksheet, and press **<Enter>**.
- **To Split a Window:** Drag either the vertical or horizontal split bar (located near the scroll bars) onto the worksheet.
- **To Freeze Panes:** Place the cell pointer where you want to freeze the window, click the **View** tab on the Ribbon, click the **Freeze Panes** button in the Window group, and select an option from the list.
- **To Select a Print Area:** Select the cell range you want to print, click the **Page Layout** tab on the Ribbon, click the **Print Area** button in the Page Setup group, and select **Set Print Area**.
- **To Adjust Page Margins, Orientation, Size, and Breaks:** Click the **Page Layout** tab on the Ribbon and use the commands in the Page Layout group, or click the **Dialog Box Launcher** in the Page Setup group to open the Page Setup dialog box.
- **To Protect or Share a Workbook:** Click the **Review** tab on the Ribbon and use the commands in the Changes group.