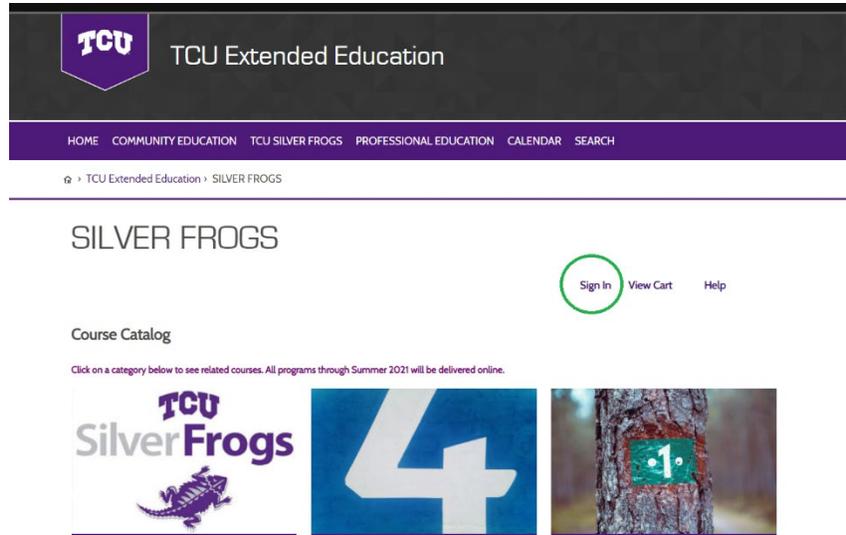


Forgot your User Name?

Go to: www.lifelong.tcu.edu

Click on TCU Silver Frogs and then on
Sign In



Click on Find my User Name:

It must be a minimum of six characters

You may use any combination of upper & lower case letters, numbers and special characters (!@#%&^*+<=>?/)

Password is case-sensitive and must be entered exactly the same way each time.

Sign In to Existing Account

Username:

Password:

Sign In

[Find My Username](#)
[Reset My Password](#)

Enter your email address and then click Find My User Name.

[HOME](#) [COMMUNITY EDUCATION](#) [TCU SILVER FROGS](#) [PROFESSIONAL EDUCATION](#) [CALENDAR](#) [SEARCH](#)

[Home](#) > [TCU Extended Education](#) > [SILVER FROGS](#)

SILVER FROGS

[Sign In](#) [View Cart](#) [Help](#)

Username Recovery

If you are unable to log in or forgotten your username, please follow the instructions below.

To recover your Username:

1. Enter the email address* associated with your student account.
2. Click on the **Find my Username** button
3. An email will be sent to you that includes any username associated with your email address.
**Note: The email address must be the same as the one you entered when creating your profile.*

Enter the email address you used for registration.

Email:

Find My Username

[Reset my Password](#)

[Return to Sign In](#)

[Contact Us](#)

Now check your email for a message containing your user name.

Oops! We all forget things sometimes.

Here is the username information you requested from our website: **trisha.obregon**

trisha.obregon@tcu.edu

You may use your username to log into your account here: [Click Here](#)

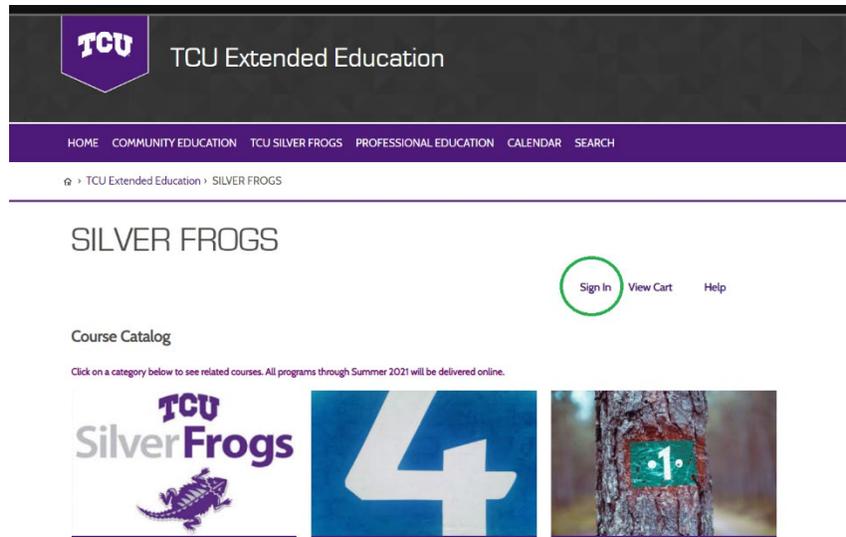
If you have a question or comment, please feel free to reply to this email, or call TCU Extended Education at (817) 257-7132.

Thank you!

Resetting Your Password:

Go to: www.lifelong.tcu.edu

Click on TCU Silver Frogs and then on Sign In



Click on Reset My Password:

Sign In

You must sign in to your account to register for courses.

To sign in, enter your user name and password.

If you don't have an account, you can create one quickly by specifying a user name, password, and e-mail address.

When creating your username:

Choose something unique to you

It must be a minimum of six characters

You may use any combination of letters and numbers

Username is not case-sensitive

When creating your password:

Choose something unique to you

It must be a minimum of six characters

You may use any combination of upper & lower case letters, numbers and special characters (!@#%&*+|=|<?/)

Password is case-sensitive and must be entered exactly the same way each time.

Sign In to Existing Account

Username:

Password:

Sign In

[Reset My Password](#)

Enter your user name and email address and then click Reset my password. (If you are not sure of your user name please follow the steps on the previous pages for finding your user name before you reset your password.)

COMMUNITY EDUCATION

[Sign In](#) [View Cart](#) [Help](#)

Password Reset

If you are unable to log in or forgotten your password, please follow the instructions below.

If you continue to have trouble, please contact our registration office.

To reset your Password:

1. Enter the unique username associated with your student account.
2. Enter the email address* associated with your student account.
3. Click on the **Reset my Password** button
4. An email will be sent to you with a temporary password for you to access your account.
**Note: The email address must be the same as the one you entered in your profile.*

Enter the email address and username you used for registration.

Username:

Email:

Reset My Password

[Find my Username](#)

[Return to Sign In](#)

[Contact Us](#)

Now check your email for a message. In the message make note (write it down or copy/paste) of the temporary password and then [Click Here](#)

Oops! We all forget things sometimes.

Here is the temporary password information you requested from our website.

Your temporary password: **f7pubvey**

Please update this password when you log in: [Click Here](#)

If you need help, please reply to this email or call our office at (817) 257-7132.

Thank you!

On this screen type in your user name and the temporary password that you received via email. Click Sign in.

Sign In to Existing Account

Username:

Password:

Sign In

At this screen – for Temporary/Old password enter the password that you received via email. Next, enter a new password and then retype the new password. Click Change Password.

Change Password

To change your password, please enter your temporary or old password followed by your new password:

Temporary/Old Password:

.....

New Password:

.....

Retype Password:

.....|

Change Password

You have now successfully changed your password.

Welcome, Trisha

[Sign Out](#) [View Cart](#) [My Account](#) [Help](#)

Change Username

Your current username: `trisha.obregon`

New Username:

[Change Username](#)

Change Password

To change your password, please enter your temporary or old password followed by your new password: [Your password has been updated!](#)

Temporary/Old Password:

New Password:

Retype Password:

[Change Password](#)

At the top of the screen, click Silver Frogs and then sign in using your new password.

SILVER FROGS

[Sign In](#) [View Cart](#) [Help](#)

Course Catalog

Click on a category below to see related courses. All programs through Summer 2021 will be delivered online.

