

## Request for NMR training

To qualify for training on (circle one) Varian 400 MHz NMR    Varian 500 MHz NMR  
Please have your research director fill in the following form and return to the NMR staffs.

Your login username: \_\_\_\_\_ (for creating your account, 8 character limit). Email address: \_\_\_\_\_ (must provide your email address)

I recommend that \_\_\_\_\_ (PLEASE PRINT)  
be trained on the department's NMR spectrometer circled above. It is my assessment that he/she is sufficiently and has appropriate laboratory skill to be allowed to operate this system.

I accept responsibility for the payment of NMR use charges for the time used by this person.

I promise to make this person aware of memoranda distributed to me pertaining to operation of the NMR lab.

\_\_\_\_\_  
Signature of Research Advisor

\_\_\_\_\_  
Date

DO NOT WRITE BELOW THIS LINE – FOR NMR LAB USE ONLY

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Date/Initials

\_\_\_\_\_ Work station skill approved

\_\_\_\_\_ Spectrometer skill approved

Operation notations:

## Self-study before the NMR training

In order to improve the efficiency of the NMR training, it is highly recommended that, before requesting NMR training to operate the NMR instrument, you should do some homework through textbooks or internet to understand the basic aspects of NMR, how it works, what the information you can get from NMR, how to use it to solve your problems.