

# Starting a scheduled collaboration session

As the host, you have two methods to start a scheduled session, even if the scheduled time has not yet arrived.

## Method 1: Starting from the SimLab Dashboard (Website)

This method provides the most control and can be used to start a session before its scheduled time.

1. **Access My Sessions:** Log in to the SimLab Dashboard and navigate to the **My Sessions** tab.
2. **Locate the Session:** Find the session you wish to start under the **Upcoming Sessions** list.
3. **Start the Session:** Click the green **Start Session** button next to the event title.

The screenshot shows a user interface for managing sessions. At the top, there are tabs for 'My Sessions' and 'Invitations'. Below the tabs, there is a 'Schedule +' button. A date filter is set to '28 March, 2025'. There is a search bar and a 'Date' dropdown menu. Two sessions are listed:

- King Kong Institute of Banana**  
Mar 28, 2025 10:00 AM - 10:30 AM  
Beginner's Guide to Atomic Bomb Creation 101  
Buttons: Start Session (highlighted), Copy Link, Edit, Delete
- Devil May Die Hard**  
Mar 28, 2025 11:30 AM - 12:30 AM  
Not Selected  
Buttons: Start Session (highlighted), Copy Link, Edit, Delete

The session will immediately start for all invited and joining participants.

## Method 2: Starting from SimLab VR Viewer (VR Application)

When the scheduled time arrives, the VR Viewer application will prompt the host to start the session.

- 1. Wait for Notification:** At the scheduled time of the session (e.g., 10:00 AM on March 28, 2025), a **pop-up message** will appear inside your SimLab VR Viewer application.
- 2. Click Start:** The message will contain a button labeled **Start**. Click this button to instantly initiate the VR Collaboration session.

