My Preferences

Under your initials on the top-right of the FrogBar, you'll find **My Preferences**.

On this link you'll be able to see how to upload and set a background for your timeline and dashboard.

In the notifications page, you can **turn off certain types of notifications**. These are only the ones you see in Frog directly, not the app. It may be that you're not interested in being alerted when someone posts to a forum you're connected to, so you can turn these off here.

There is also a column for **email notification**s. You can add an email address in the email addresses section and be emailed notifications once you've verified your address. This can be handy so you don't have to log into Frog when you're at home, to see if your teachers have marked your homework.