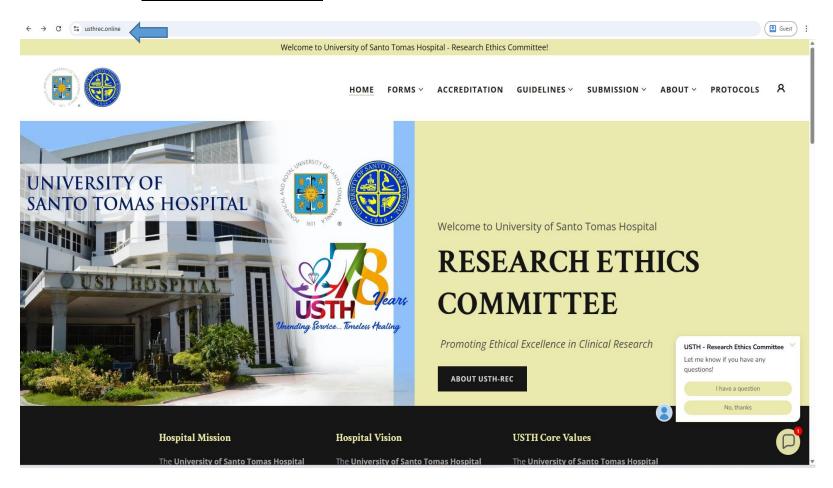
Please be guided with the steps on how to submit your documents through the Online Portal.

1. Account Registration

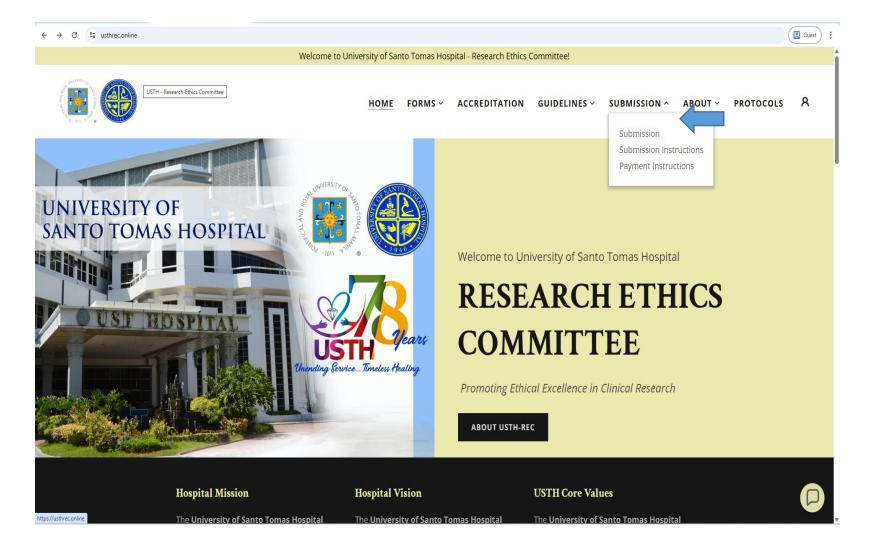
- If you do not have a registered email yet, kindly create one first (e.g., Gmail, Yahoo, Outlook).
- Use this active email address when registering in the portal, as this will serve as your official contact for all submissions and communications.

2.Portal Registration

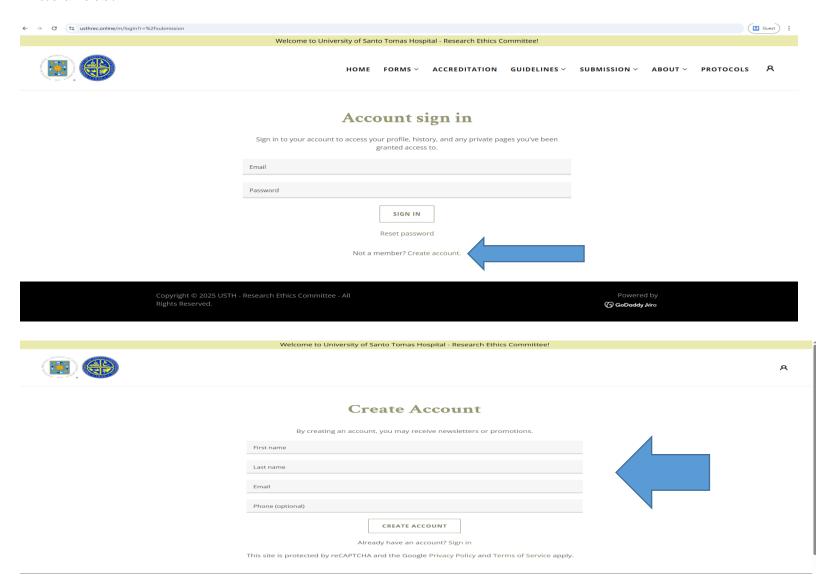
_o Go to <u>usthrec.online</u>



。 Click "Submission" Tab



 Click "Create an Account" and provide your details, including your new email address.

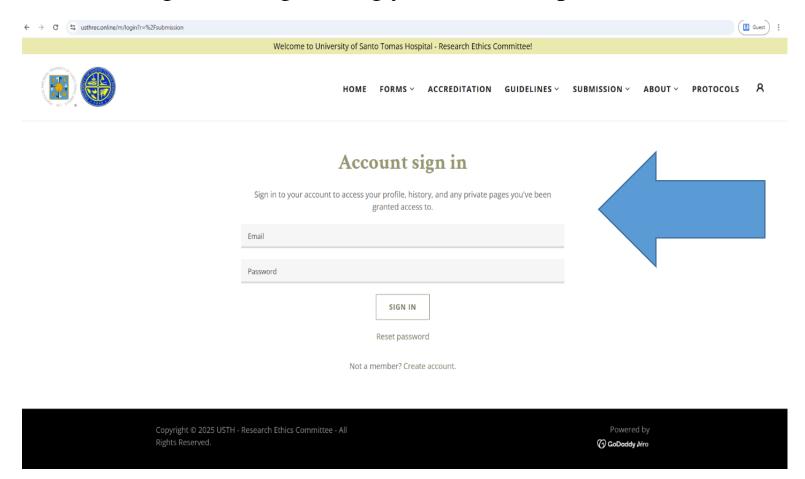


 Check your email inbox for a verification link and click it to confirm your registration.



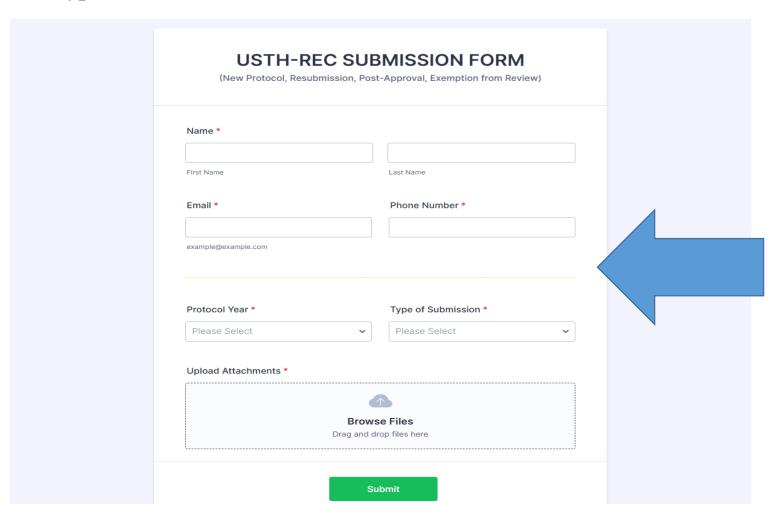
3. **Log In**

o Once registered, log in using your email and password.



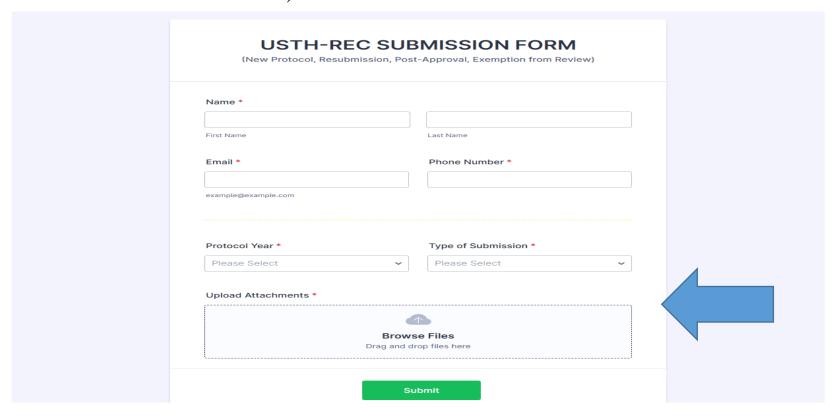
4. Fill out Required Information

 Provide complete details such as name, email, phone number, protocol year, and type of submission.



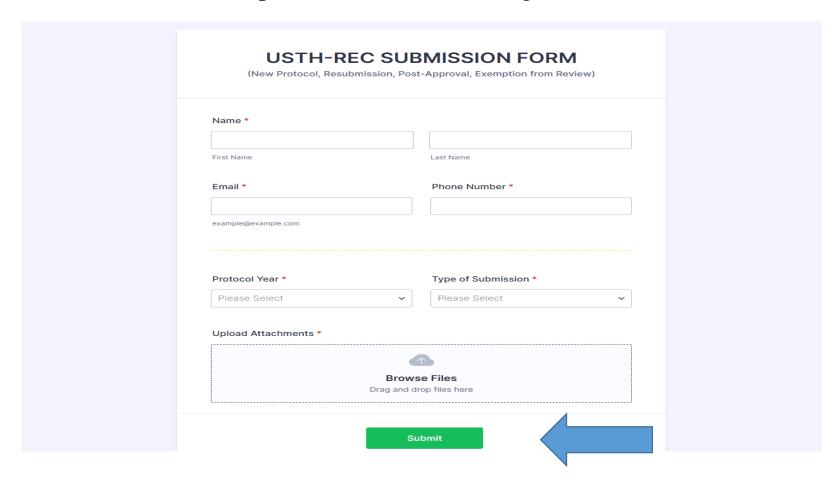
5. Upload Your Documents

Submit the complete requirements in pdf format except REC F08, & F27 (must be in docx/word. format).



6. Review and Submit

Double-check all uploaded files before clicking Submit.



• You will receive a confirmation email at your registered email address once the submission is successful.

