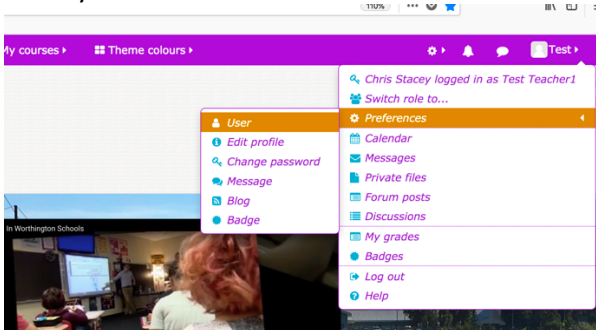


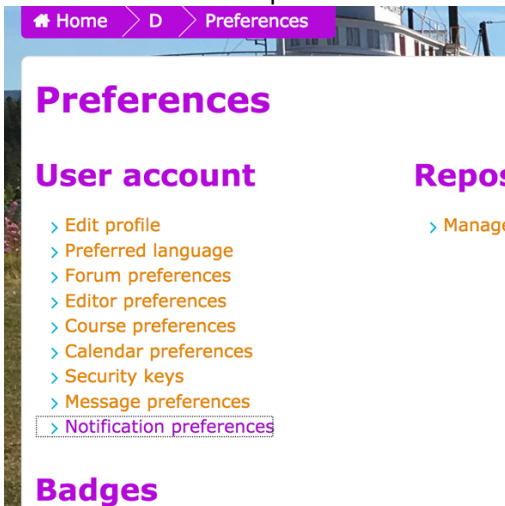
## Changing your user notifications preferences

By editing your own user notifications preferences, you can control those pesky emails! Here's how:

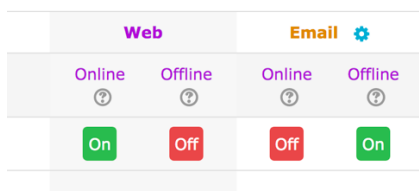
1. Go to your Preferences > User



2. Click on 'Notifications preferences':



3. Toggle the options according to function by clicking on the 'On' and/or 'Off' icons:



4. Or select 'Disable notifications' to turn off all:

### Notification preferences

Disable notifications

### Assignment