You can check how many hours have been completed by looking at your dashboard. On the VRC, go to **Reports > Dashboards** and you will see a bar graph that shows your completed hours.

Here are important things to note about your dashboard:

- You have to refresh the graph each time you visit this page. You can do this by clicking on the arrow (step one on image below) and then choosing "refresh" (step two on image below).
- This graph only shows **completed** hours. If you are not seeing your hours, look at your Active Transcript to see if there is something you need to Mark Complete. Or perhaps it is "Pending Completion Approval" and we just need to wait for your dean to approve.