


# What is Insights?

## Overview

Insights is where Ursinus collaborates and shares knowledge — create, share and discuss your files, ideas, minutes, specs, mockups, diagrams, and projects.

## Insights is powered by a product called **Confluence**

 To learn how to manage content within Insights, take a look at these Confluence pages and videos


## Documentation

- [Understanding the Confluence Editor](#)
- [Creating and managing 'Pages'](#)

## Videos

- [Confluence in 60 seconds](#)
- [Confluence 101: Create Content with Pages](#)

## In depth video on creating pages

 If you are interested in using Insights and would like consultation and training, please contact Tech Support at [techsupport@ursinus.edu](mailto:techsupport@ursinus.edu)