How to Time Stamp in Kronos

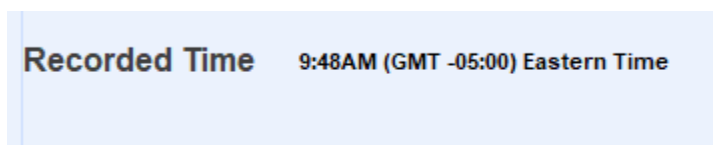After you log into http://kronos.monmouth.edu, select My Information and then Time Stamp:
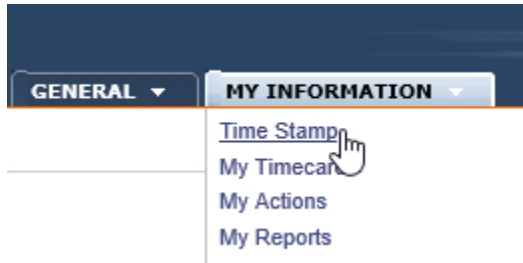
You will see the current date/time and a dark blue button:
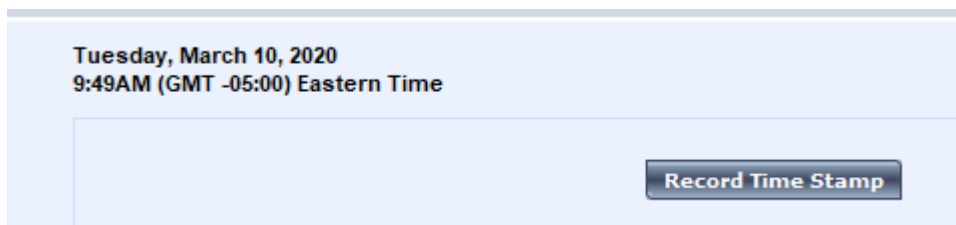
Then you press the button, the system will record your in/out punch accordingly:

If you want to check your time card, just go back to My Information: