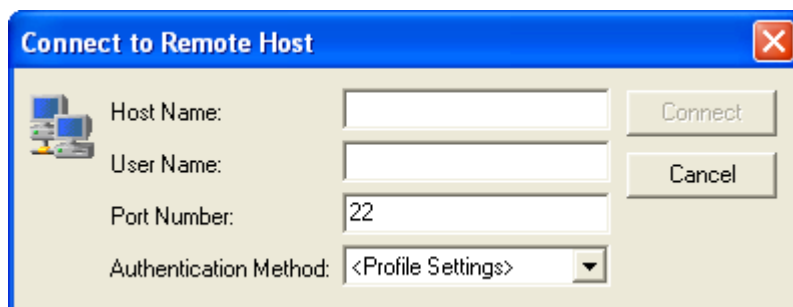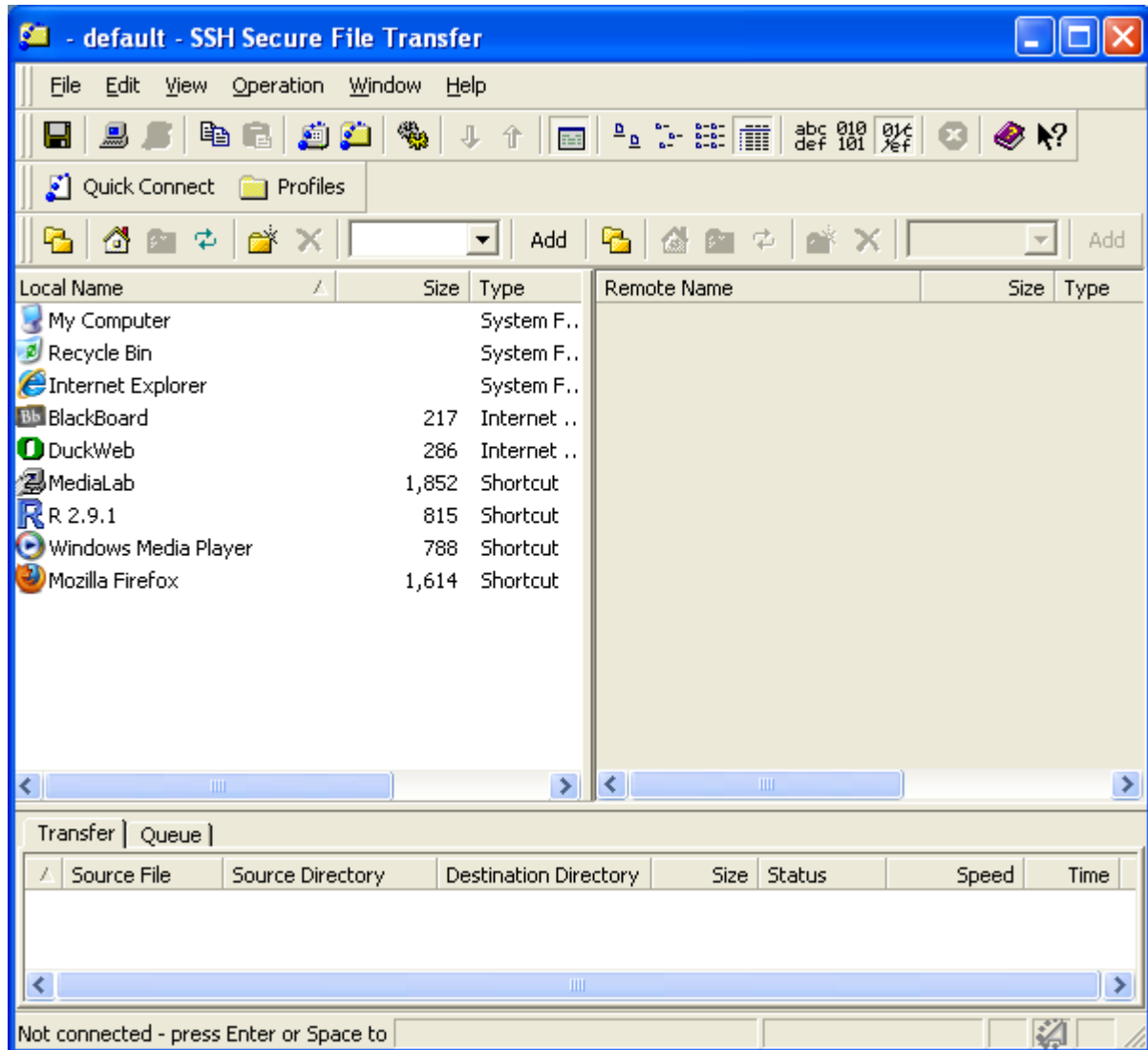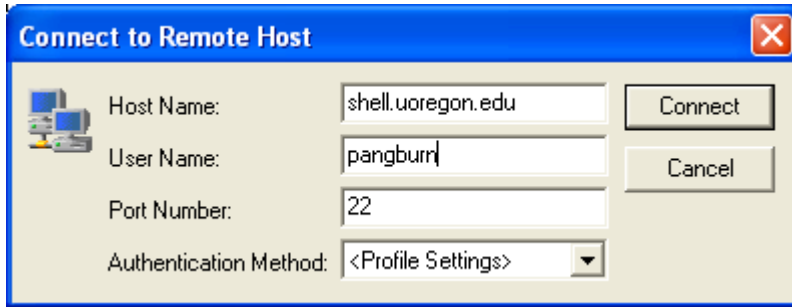Now let's look at the SSH Secure File Transfer program under the "SSH Secure Shell" Start Menu program group.

Start the application and click Quick Connect.
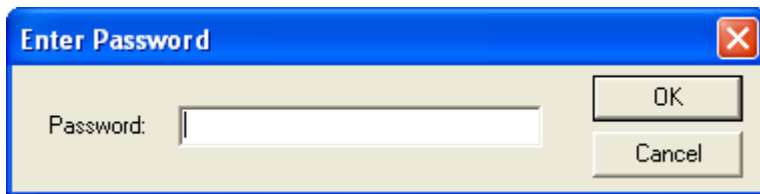
Again, enter the server name and your username.

Click Connect and enter your Uoregon password.

Now you see a window showing your local computer's file on the left, and the remote server at the right.

shell.uoregon.edu - default - SSH Secure File Transfer

File   Edit   View   Operation   Window   Help

Quick Connect   Profiles

/pangburn ▼   Add

Local Name	Size	Type
🖥️ My Computer		System F..
♻️ Recycle Bin		System F..
🌐 Internet Explorer		System F..
📘 BlackBoard	217	Internet ..
🟢 DuckWeb	286	Internet ..
📗 MediaLab	1,852	Shortcut
R R 2.9.1	815	Shortcut
▶️ Windows Media Player	788	Shortcut
🦊 Mozilla Firefox	1,614	Shortcut

Remote Name	Size	Type
📁 mail		Folder
📁 Maildir		Folder
📁 mysql		Folder
📁 public_html		Folder
📄 crontab_local	26	File
📄 Deleted	508	File
📄 Drafts	508	File
📄 mysqld.sh	64	SH File
📄 Outbox	508	File
📄 Sent Items	6,354,600	File
📄 wordpress_shell.sh	6,991	SH File

Transfer | Queue |

/	Source File	Source Directory	Destination Directory	Size	Status	Speed	Time

Connected to shell.uoregon.edu - /home | SSH2 - aes128-cbc - hmac-md5 - none | 11 items (6.4 MB)