I. GIS Tutorial@Mason Library InfoGuide (http://infoguides.gmu.edu/gis/tutorials)

This GMU tutorial webpage offers many different lessons on different aspects of GIS. The "ArcGIS Basics" and "Creating Census Maps" are great ways to introduce yourself to ArcMAP and start working hands on with the program. Even with no prior experience, users can work through these tutorials without much trouble. I also recommend the interesting and fun Georeferencing tutorial, but you might want to wait to take that up until after you have done some more basic tutorials. Another resource here is the collection of outside-of-GMU tutorials linked on this page, including helpful lessons from MIT, Harvard, and Yale. The MIT site is especially helpful.

II. Flood Hazards Research Lab Tutorials (http://frg.vse.gmu.edu/tutorials)

The Flood Hazards Research Lab at GMU website, among other things, offers tutorials on environmental/water resources-related programs. The "GIS Data Collection for Water Resources Engineering" tutorial explains in great, helpful detail how to obtain GIS Data from different online resources, including the National Elevation Dataset, the USDA Natural Resources Conservation Service, the United States Geological Survey, and the NOAA National Climatic Data Center. Also, the spatial analyst tutorial is a great exercise involving the GMU watershed. There are also several tutorials regarding the integration of GIS with hydrologic models and hydrologic models themselves. What is especially useful about these tutorials is that they have solutions for each exercise so you can make sure you are on track.

III. Harvard GIS Tutorials and Excercises (http://hcl.harvard.edu/libraries/maps/gis/tutorials.cfm)

This page (which is linked on the GMU GIS page) is a very organized combination of video introductions given by a GIS instructor at Harvard and exercises to be done after each video segment (there are 3 videos and 3 exercises). These videos are especially helpful to students that have not taken an actual class on GIS or otherwise are not knowledgeable about the lessons, terms, and definitions required to actually understand what you are doing in ArcMAP and other GIS programs. Each exercise is related to what you just learned in the video, so it's almost like taking an actual online class instead of just tutorials.
IV. MIT GIS Workshops/Tutorials (http://libguides.mit.edu/c.php?g=176295&p=1161397)

This site (which is linked on the GMU GIS page) offers about 20 different lessons on GIS in a similar tutorial format. They were originally taught as part of a MIT workshop series, so along with the tutorials and associated data there are also informative presentations that introduce the individual topics and provide useful background. First of all, the Intro to GIS and GIS level 2 tutorials are more excellent introductory courses to the program. After getting a handle on the basics, tutorials like "Using Network Analyst in ArcMAP" and "Hydrology Tools for GIS" go into greater detail on single topics within ArcMAP and are still accessible to beginner students. In addition, several tutorials get into mapping with Google tools as well as Python programming in GIS.

V. ArcGIS Desktop Help

This resource is a part of ArcMAP and the ArcGIS package and offers essential information and help regarding every function and attribute of ArcMAP. It can be found by clicking on Help > ArcGIS Desktop Help at the top of the ArcMAP window. It goes into great detail in introducing and explaining GIS background information as well as every tool and process that a user uses in ArcMAP. This resource is especially helpful while going through tutorials/exercises and otherwise working in ArcMAP, as you can use it at any time if you forgot what something does or means in the program. Similarly, for every tool window, you can click on Show Help >> for explanations and instructions.