



## Changing your communication preferences

Tags: **Skills** **Flow**

Change which email communications you receive from Pluralsight on the [Communication preferences page](#) ([opens in new tab](#)).

To access your communication preferences:

1. Click your avatar in the top right corner, then click **Account settings**.
2. Click the **Communication preferences** tab.
3. Toggle **Unsubscribe all** to ON or OFF, or refine your preferences further below.

**Tip:** You can also [update your marketing email preferences](#) ([opens in new tab](#)) without logging in to your Pluralsight account.

## Common questions

### What happens when I unsubscribe from emails?

When you unsubscribe from some or all emails from Pluralsight, please allow 24 hours for your changes to take effect.

After you've unsubscribed, keep in mind that you'll continue to receive email notifications about your account and devices.

### Can I turn off in-app notifications?

No, there isn't a way to turn off in-app notifications.

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If you need help, please email [Pluralsight Support](#) ([opens email form](#)) for 24/7 assistance.