

Converting an SPSS File to Excel

Tutorial

The following instructions are for a Windows lab machine.

1. Save the SPSS file (I'll call it `myfile.sav`) to your Desktop.
2. Open SPSS (by searching for SPSS in the start menu on the bottom left).
3. From within SPSS, open the file.
4. Select **File...Save As...Excel 2007 through 2010 (.xlsx)**.
5. Name the file and click **OK**.
6. You will have to save each sheet separately.