Brief Guide to ANOVA (Analysis of Variance) in SPSS
(Note that these screenshots are from verson 9.0, and that you use version 10.0, which is pretty close.)

First, make certain that the DV is interval and the IV is nominal or ordinal, with at least two categories. Also, confirm that there are no extraneous values (such as DK, NA, or NAP) which need to be classified as missing values.

To get the basic ANOVA output, click ANALYZE – COMPARE MEANS – ONE-WAY ANOVA.
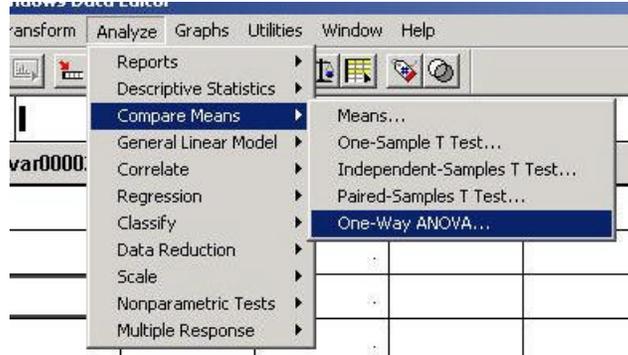
The IV is the "factor", and the DV goes in the "dependent list". (Just do *one at a time*, for now.)
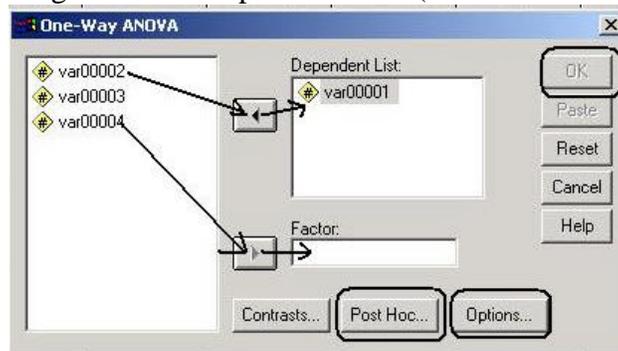
You can click on "Options…" to get "descriptives" and the "means plot",
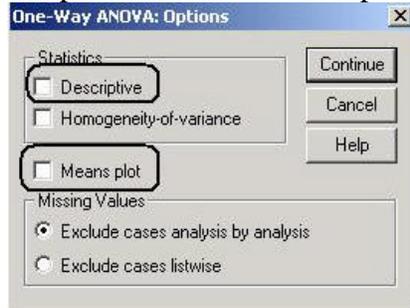
and "Post Hoc" for the tests (such as Tukey, Scheffe, and Bonferri) discussed in the text on p. 349.