

Teaching seniors computer skills

1. Standing in a circle and clicking fingers

Participants are invited to stand in a circle. They are offered to do several tasks. Standing in a circle allows to feel better the members of the group and it becomes easier to communicate with each other.



2. Rubbing ones hands and clicking fingers.

One participant starts to rub his hands, then follows the second, the third, etc until the last participant of the circle has done so. Then all the participants rub their hands together.

The same exercise can be repeated with clicking of fingers.

This has practical significance: older people try hard to control the mouse, but their hands are stiff, they are

shy in the beginning, there is an uncomfortable feeling because of lack of elementary skills to use computer. This introduction changes

the atmosphere: soon the tension disappears and direct communication begins.

* COPY-PASTE * (copy-paste) During the training, we don't do so, but I explain to my students that we need to have an object which we copy (during the seminar it was a logo) and a white sheet to which you are copying, i. e a white sheet in Word program. Tracing paper serves as the right key of the keyboard.



Anyway in the training courses I use many parallels from real life