I'm Overwhelmed!

Did you know that many people, maybe just like you, are hesitant to learn **to use a computer and the Internet? In this lesson, we'll look at a few** reasons why some people feel this way, and help you to think through your own reasons for learning.

In this lesson, it will be helpful to write down your thoughts. Click on the document icon to download the lesson handout. Or, use any blank piece of paper.

Ready to get started? Click the green Continue button.

If you're taking this course, you're probably at least THINKING about learning to use a computer more. As we get started, please take a minute to use your imagination. Imagine it's a year into the future, and you have learned to use a computer.

You are using it regularly to accomplish tasks, to stay connected to things that are important to you, and to have fun! With that picture in mind, how do you feel about yourself?

Take your time, and write down your thoughts. When you're ready, click the continue button.

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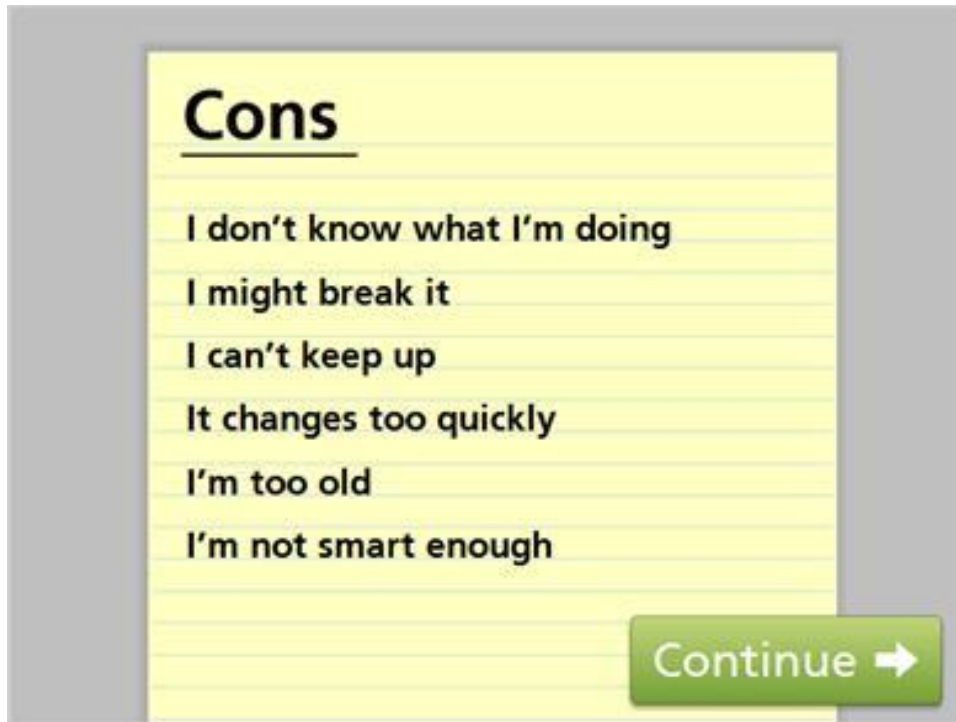It can be helpful to think about the reasons you haven't wanted to use a computer.

At the same time, we know that more and more things require you to go online.

Is it worth it to try?

Listing the pros and cons of using a computer can help us to think things through

Let's do this together. Write out your own list as we go.

Cons

I don't know what I'm doing

I might break it

I can't keep up

It changes too quickly

I'm too old

I'm not smart enough

Continue ➡

Many people would list Cons, or reasons not to do more on the computer, like we see in this list

Can you relate to any of these reasons?

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Pros

Convenient, saves time

I can do more on my own

Fun

Informative

It's the only way to access certain things

I can keep in touch with family and friends

Continue ➡

Now let's look at a list of common pros, or reasons to do more on the computer.

How about this list? Do any of these reasons match with your own?

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Take a look at your own pros and cons list. Are cons outweighing pros? Are pros outweighing cons?

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Now that we've looked at pros and cons, let's look at the truth about three of the most common reasons people are hesitant to use a computer more. Click on each of the buttons for information.

"It's too hard! It's too complicated!"

Get the facts: Learning something new like using a computer can seem overwhelming at first. But if we go step by step, and learn one skill at a time, we can build skills quickly. Research shows that as we learn a new skill, the skill gets easier and easier to do. Basic tasks become automatic, and it becomes easier to build on our knowledge.

"I'm too old to start now."

Some older adults lack interest in learning new things. They want to focus on things that matter more, and the things they enjoy doing. But using a computer can help them stay in touch with family and friends, and can also help with exercising the brain. Nearly 60% of seniors use the Internet, and that percentage is increasing every year.

"Getting online just isn't safe!"

Concern about safety is a common reason people don't want to use a computer and the Internet. We hear stories about people being scammed and harmed online. There are risks involved, but you can stay safe by learning. By taking classes at the library or online, and by asking questions of library staff and others who know more, you can learn to stay safe. Millions of people do it every day!

Now that we've talked about common concerns, I'd like to ask you: How important is it to you to learn to use a computer?

On a scale of 1 to 10, where 1 means not important at all, and 10 means extremely important, where do you fall?

Click one of the buttons to select the number, then click on Submit.

The screen now shows your score.

Think about this: why did you choose that number, and not one number lower?

What is it, for you, that's making it at least a little bit important?

On a scale of 1 to 10, **how confident** are you that you can learn to use a computer and the Internet?

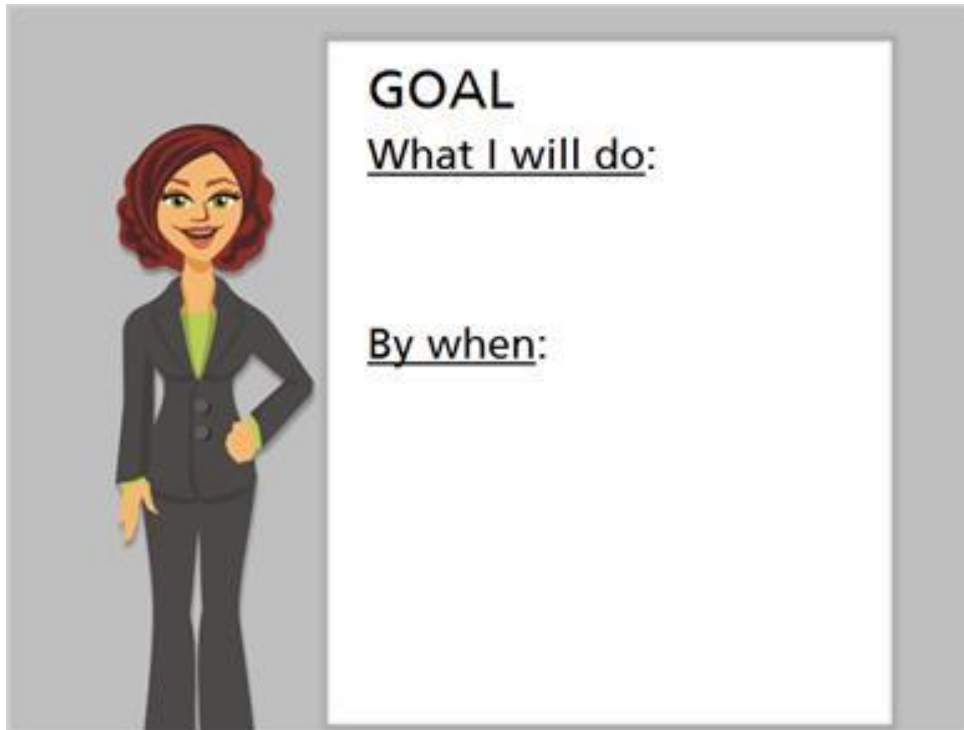| Not at all confident									Extremely confident
1	2	3	4	5	6	7	8	9	10

Submit

Let's try one more scale.

On a scale of one to 10, how confident are you that you can learn to use a computer and the Internet?

On this scale, 1 means not at all confident, and 10 means extremely confident.

Click one of the buttons to record the number, then click on Submit.

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I've asked you to consider and write down your own thoughts and feelings throughout this lesson. You've made it this far, which shows your commitment to learning more. As we wrap up, I'd like you to do one final thing, which is to set a goal.

Here's an example. It's helpful to choose something you can do in the next couple of weeks that will move you toward increasing confidence and learning more about using a computer. It's important to pick something small, and to include when you'll do it. Think about your own goals, and write down two small things you can work on in the next few weeks.

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Which of these statements is true for you?
I would feel good about myself if I learned to use a computer.
Even someone like me can learn to use a computer.
Learning to use a computer is at least a little bit important to me.
I can take a small step to increase my confidence in using a computer.
There are some reasons why I might want to learn use a computer.
I was able to set at least one small goal about learning to use a computer.
None of these are true for me.

As you complete this lesson, think about the exercises you went through in this lesson.

Check any of the statements that are true for you. Then click on submit to continue to the next lesson.

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