

# ICT teaching / learning factors when training seniors (55+)

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(Based on Norwegian experience !)

## **Medical facts:**

**Eyesight reduced, requiring use of glasses. Even different sets**

**Side vision reduced**

**Fingers and hands as not fully functional for all**

## **Mental facilities:**

**Reduced memory facilities**

**Many seems to be limited to “two dimensional” thinking  
(They only understand “real” images (What they can see !))**

**May be very “afraid” in a new arena. Won't ask questions**

## **Lack of technological experience:**

**They have not grown up (and “old”), with “gadgets” and advanced day to day electronics**

## **Limited associated experiences:**

**Many of them are not used to writing anything of length.**

**Even more have not been typing anything before.**

# **”Terry’s theorem”**

**Effective ICT usage = 30 % knowledge and 70% skills.**

**The first challenge with seniors is therefore:**

**To create a personal ambition and motivate them to do enough and ”long term” repetitive training to make their basic PC skills just that: - Good basic skills !**

**Good skills are: correct & “subconscious”**

**They build confidence in seniors learning ICT Usage.**

**Be aware of the "*What's in it for me ?*" effects**

***"To get my children off my back"*; is often the initial !**

**Hey !; - But they won't tell you that !**

**A really good "PC use" teacher will do just that ; -  
and come up with an application (personal usage !)  
that will "light their fire" !**

## **10 "holy stone" rules :**

**Find individual "carrots" (i.e. applications) which will create strong motivation**

**(Picasa, Paint.net, Travel, Skype, Google maps, Google World, electronic banking.....)**

**Show them interesting ways, to develop basic skills.**

**(Keyboard usage, mouse usage, windows key etc.)**

**Get seniors away from using the touch pad on their laptop PCs !**

**Use larger screens, good mouse and special keyboards for those who needs it (and they may be quite a number more than you know !)**

**Use "step ladder" training**

**Secure that senior students really achieve successes often; as they climb the steps of learning good and effective PC usage.**

**Stimulate them to ask questions, - but don't ask them any !**

**Combine theoretical lecturing and demonstrations**

**Documentation must be self explanatory and "step by step" structured**

**Don't refer them to grandchildren for practical help or training**

**Try to reduce the age gap between senior students and their lecturers as much as possible.**

**(You should have an assistant teacher (who may be younger !) for each group of 8 senior students in your total class.**



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