

# EN TECH



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Computer Club

Learning Online

Bits and Bytes, September 2016

# Overview

- Introduction to enTECH Computer Club
- Why would I want to learn online?
- Costs and equipment needed
- Formats of content
- Sources of lessons
- Interesting research - dementia and music
- Conclusion and Questions

# Brief Introduction

- Club, University of Waterloo
- Started Fall 2015
- Volunteer at local retirement home, providing free, personalized lessons on how to use technology for retirement home residents
- Make lesson plans for others' use, for them to teach others
  - Creative Commons Licenced
- Funding and donations from University of Waterloo's Student Union, Communitech, among others
- Always looking for new opportunities and ways to grow, check us out at [www.entech.club](http://www.entech.club)

## Why online?

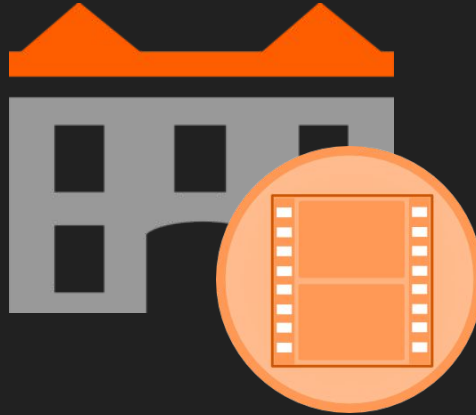
- extremely convenient, can be done anywhere you have an Internet connection
- often cheap or free
- taught by world class institutions and professors (including Waterloo!)
- Improve memory, cognition (Park et. al., 2014)
- learn new skills and languages, brush up on content you may have learned in the past



# Formats



YouTube other sites,  
extremely casual



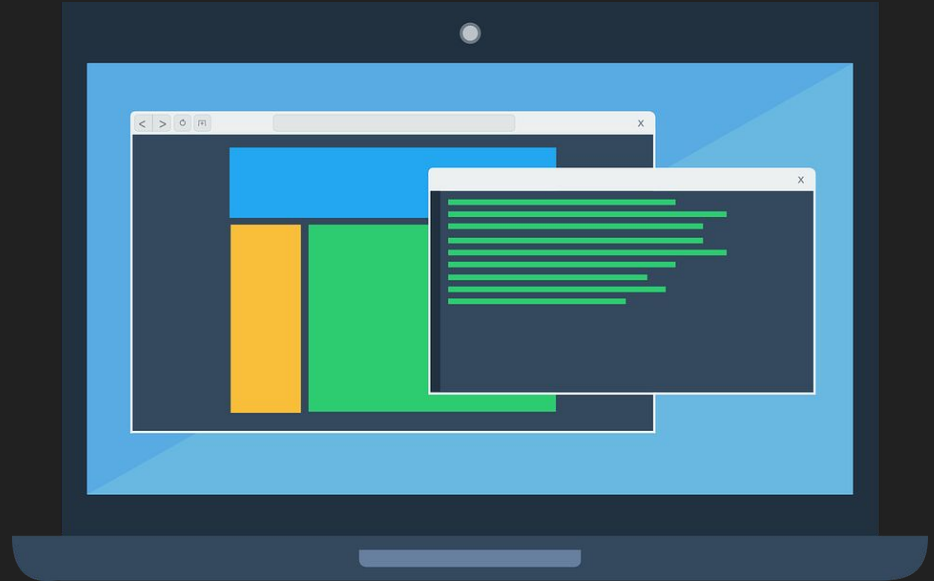
At-your-own-pace courses



Scheduled courses, with  
firm due dates

## Costs & Equipment

- A lot of them free
- sometimes a desktop computer needed
- Usually a minimum of 20 - 40 h+
- Some have set schedules



# YouTube for Learning



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- Many, many different sources of varying quality
- ASAPScience, Minutephysics, Reactions, Scishow
  - Science explained well
- ChefSteps, Cocktail Chemistry. Todd's Kitchen
  - food
- **CrashCourse** (MANY topics, from Chemistry to World History)
- [How It's Made](#)



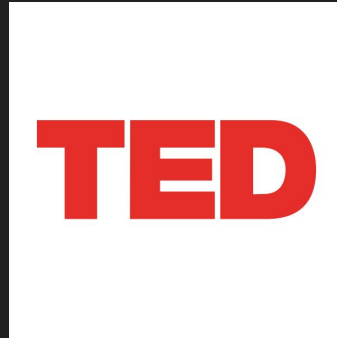
# YouTube for Learning





# Other Sites

- Duolingo
  - languages
- Cooking for engineers
- [Justin Guitar](#)
- TED
- HowStuffWorks
- TechBoomers
  - How to use websites



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TechBoomers™

## Something More Academic

- MOOC (circa 2008)
- [Class Central](#) and [MooC List](#) aggregate many academic courses, like Shakespeare, Chemistry, Psychology, etc.
- Vary in quality, most very good



Stanford | ONLINE



## Something *Less* Academic?

### How to Make a Comic Book (Project-Centered Course)

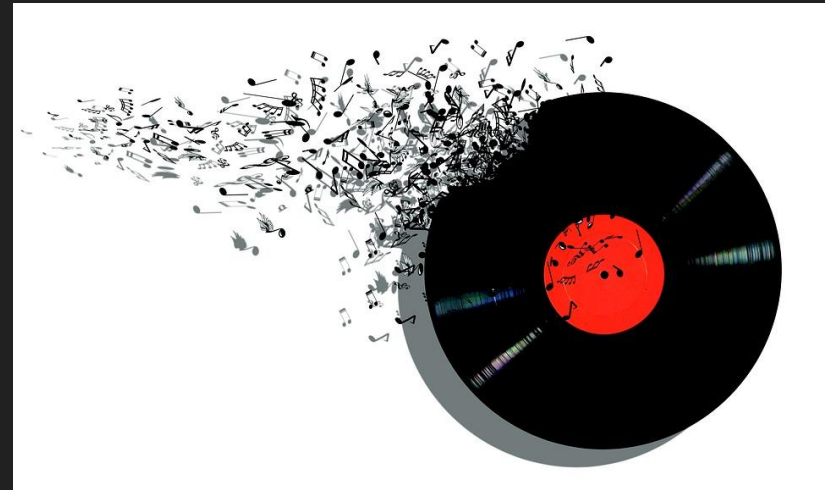
Don't be afraid of how intense they seem! Really unique opportunity to try something new.

No commitment!



# Dementia

- Music used “to promote memory and a sense of self in the treatment of older adults with dementia” (Schaeffer)
- Places to listen to music online:
  - YouTube, Spotify, both free!



# Conclusion

- Challenge - try searching for at least one topic you're interested in
  - Simple YouTube search may yield something!

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info@entech.club

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Thank you for your time

# References

- Park, D. C., Lodi-Smith, J., Drew, L., Haber, S., Hebrank, A., Bischof, G. N., & Aamodt, W. (2013). The Impact of Sustained Engagement on Cognitive Function in Older Adults: The Synapse Project. *Psychological Science*, 25(1), 103-112. doi:10.1177/0956797613499592
- Schaeffer, J. (n.d.). Music Therapy in Dementia Treatment - Recollection Through Sound. Retrieved September 21, 2016, from <http://www.todaysgeriatricmedicine.com/news/story1.shtml>