Using a Computer

Imagination Exercise

Imagine it's a few months, or a few years 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! How do you feel about yourself?

Pros and Cons of Using a Computer and the Internet

Cons – What are my reasons not to do more on the computer?

1. _____

2. _____

3. _____

4. _____

5. _____

Pros – What are my reasons to try to do more on the computer?

1. _____

2. _____

3. _____

4. _____

5. _____

Importance Scale

On a scale of 1 to 10, how important is it to you to learn to use a computer or the Internet? Circle the number that matches the degree of importance.

Not at all
important

Very
important

1   2   3   4   5   6   7   8   9   10

Now that you have a rating of importance, ask yourself: Why did I choose that number, and not one number lower? (If you chose "1", ask yourself why not "0"?). Write your thoughts below.

Confidence Scale

On a scale of 1 to 10, how confident are you that you can learn to use a computer and the Internet? Circle the number that matches the degree of confidence.

Not at all
confident

Very
confident

1   2   3   4   5   6   7   8   9   10

Now that you have a rating of importance, ask yourself: What would it take for me to move from the number I chose, to one number higher? What small step could I take to increase confidence? Write your thoughts below.

Set a Goal

Set two goals for yourself that you can accomplish in the next couple of weeks, that will move you toward increasing your confidence and learning more about using a computer. Be sure to include a timeframe for completing the goal.

Example

What I will do: _____ I will contact the library to find out what computer classes they have. _____

By when: _____ By Friday _____

What I will do: _____

_____

_____

By when: _____

What I will do: _____

_____

_____

By when: _____