This session focuses on the Learn My Way course and online resources. You do not need to register onto Learn My Way to access this course.

Aims:
• Increase confidence of using a desktop computer or laptop.
• Identify the different parts of a computer.
• Change the settings of a computer to make it easier to use.

Resources:
• A computer or laptop
• Learn My Way Course: Using a computer - https://www.learnmyway.com/courses/using-a-computer

LEARN
• The main parts of a computer and how they work.
• The different parts of a computer.
• How to change the settings of a computer to make it easier to use.

DO
• Turn on the computer using the power button.
• Navigate to the Learn My Way course. Register to access this course.
• Complete the first three topics of the course:
  • Parts of a computer or laptop
  • Changing settings on a computer
  • Using programs and managing files
• View the course resources.

REFLECT
How did you find the session? Can you remember how to do certain things? e.g. turn the computer on/off or open a program? Would you be able to show someone else?

NEXT STEPS
Take a look at the online resources.

Tip: Using a computer for the first time can make you feel anxious. Computer Hope (https://www.computerhope.com/tips/tip158.htm) has some great tips for beginners to make the process more comfortable.