Patrick Lai

Professor Jean F. Coppola

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Reflection Paper

The seven weeks I spent teaching an older adult was a rewarding experience. The experience not only taught me about lives of a senior citizen but also taught me about myself. Through the sessions with my student, I learned that the elderly are capable or learning and performing any tasks like as if they never aged. Their bodies may be worn but they are just as ambitious as ever. What my student valued the most from the lessons is a way to communicate with others through the computer, as wells as learning how to use the mouse. Communication tools such as e-mail are a very important to them since they cannot travel as frequently as they use to. Learning how to use simple peripherals such as the mouse pose to be a difficult undertaking to older adults. However, my student knows that the the lessons are an important foundation when learning to use the computer.

My lessons have been taking place at the Margaret Tietz Rehabilitation and Nursing Center, my student’s name is Jessica. She is definitely a very nice person and also very energetic. She is the president of the Resident Council at the nursing home and even after our lessons she manages to stay busy by attending other events at the nursing home. After meeting her it changed the way I see older adults. It taught me that no matter how old people are, they will always be motivated, continue to learn, and go on to enjoy life. During those weeks of the lessons

During the several weeks of teaching Jessica, we managed to cover the most important lessons about using the computer and internet. Because Jessica has the shakes, she has trouble using the mouse. Therefore, I plan the lessons mainly on mouserobics to help her mouse mobility and coordination. Over the course of the lessons I see a mark improvement in Jessica’s use of the mouse. As result, there is an increase in confidence in her use of computers. Along with her new found confidence in computer we started to connect. She started telling me about her life before the nursing home, and it was very interesting to hear the things she has gone through, like how she also has a degree in business. Through her wisdom, I was able to receive a lot of insight in what to expect in the business world because I am also majoring in business

Over the course of several weeks, my student’s attitude is definitely different. She seems more active and has a positive outlook. It shows that what we are doing for the community makes a huge difference in another person’s life. To us, using the computer is very simple because we grew up using it and we take it for granted. When I started teaching the my student on how to use the computer it showed me that it is not easy to keep up with the world as you get older, as a result it is very easy to feel left behind. Every time we go teach the seniors, it helps motivate the older adults to take on using the computer, feel important once again, and not feel like they have been forgotten in a nursing home. What we are doing for the older adults is definitely something we would want to see in the future when we are old. Whether that person is a volunteer, family member, or friend, we would always yearn for human contact and ways to get in touch with the world once again.