**Francina Collado**

**CIS 102T- Intergenerational Computing**

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**Reflection Essay**

I needed to take an Area of Knowledge 1 class to fulfill a core curriculum requirement. This class was honestly my second choice. My first choice was a Women and U.N. class but that did not work out. I’m so happy though that I did end up taking this class because it has become my favorite class of the semester. The people I met at the Hallmark really changed my life.

Before when I used to think about older adults or seniors, I imagined them as nice but pretty stuck in their ways. I did not think that they would ever want to learn about the internet and computers at their age. I think this idea comes from my own grandmother, who does not even want to know what her cell phone does, she just cares that it can send and receive calls. But I was pleasantly surprised at our Orientation because there were so many seniors who wanted to learn. I really enjoyed all their stories.

Dorothy and Bebe showed me that there is still a lot of potential in seniors. Age is really just a number. It does present its hurdles but they are not impossible to overcome. I think the biggest hurdle I found to be a problem with these particular women was memory loss. I also think this is a big problem for most seniors. I found myself repeating lessons because they had completely forgotten how to do things. So this would be my advice to anyone who wants to work with older adults: make them practice! The only way that they will be able to remember things is through repetition. They should write everything out step by step and then practice it every day for at least a week, like the saying goes “practice makes perfect.”

What working with them taught me? Patience. I have always said that I could be patient with children, but never with adults. I have learned now that I can be patient with adults, though it was not easy. It was so hard the first couple of lessons to let them SLOWLY do everything on their own and I had to constantly fight the urge to take the mouse away from them. By the end of the lessons, the urge was quenched and I was able to just sit by them and just answer their questions. I guess the fact that I did not rush them made them really comfortable with me because they have both asked to come give them lessons over the summer.

This class also helped me on my career path. I was originally going to go to medical school and specialize in neonatology, which Is the care of premature and/or sick babies, but now I have decided to go into primary care and general medicine. I like the idea of treating patients from childhood to old age. I really want to be a doctor in a small town and I never would have come to this decision if it had not been for this class. As I mentioned before, it helped me realize that I can work with adults.