**Reflective Paper**

Helping the elderly was by far the most important concern i had this semester. Not only was the experience an enjoyable one, but it was a life time experience that helped me put things into perspective. I remember back home when my mom used to ask me to help her learn computers and I would either tell her that computers were not for her, or that I simply didn’t have time. After working with the seniors at the center, I realize that I was being a little selfish and that I should’ve taken the time to teach my mom the basic computer skills. Like most of the seniors at the center, I should’ve known that all my mom wanted was to use the computer to communicate with her child through email or skype. Now when I think about my mom, although I feel terribly guilty, I know that I will help learn computers the next time I go home.

Moreover, during my visits to the senior center I was able to build a bond with senior citizens that I worked with that extended beyond just ordinary school related obligations. The seniors and I would exchange emails and some would even call me to ask me certain things regarding computers. Furthermore, the seniors that I worked with were very thankful that we were there to help them and although we told them we were doing this for a class, they kept reminding us how lucky they were to have us which really helped established a very pleasant environment for us to work in. Thus, the fact that they were grateful really brought us closer to one another. Whether it was helping them set up an email account or just help them browse the internet for shopping related websites, this course taught me how patient I could be when it comes to teaching.

I am very happy I took this class this semester because it really opened my eyes and showed me the importance of helping our senior community. As a child I was raised on values and principles that were taught to me by people that are now senior citizens. I believe that senior citizens have all shaped the youth of today and we would be nowhere if it wasn’t to them. Therefore I strongly believe that it is our duty as young educated students to give back and assist senior citizens.