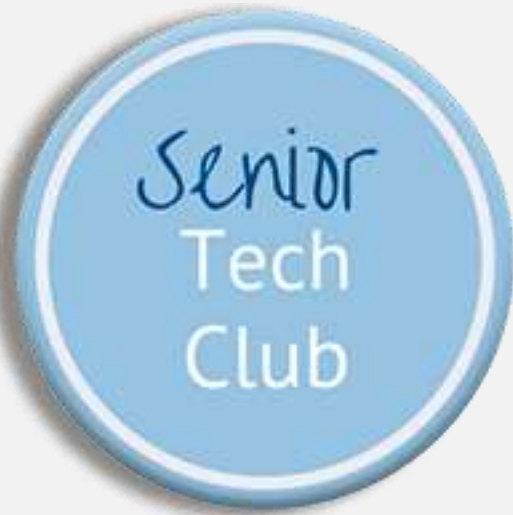


# Welcome



# Beyond Talk and Text Using Technology for Lifelong Learning by Don Frederiksen

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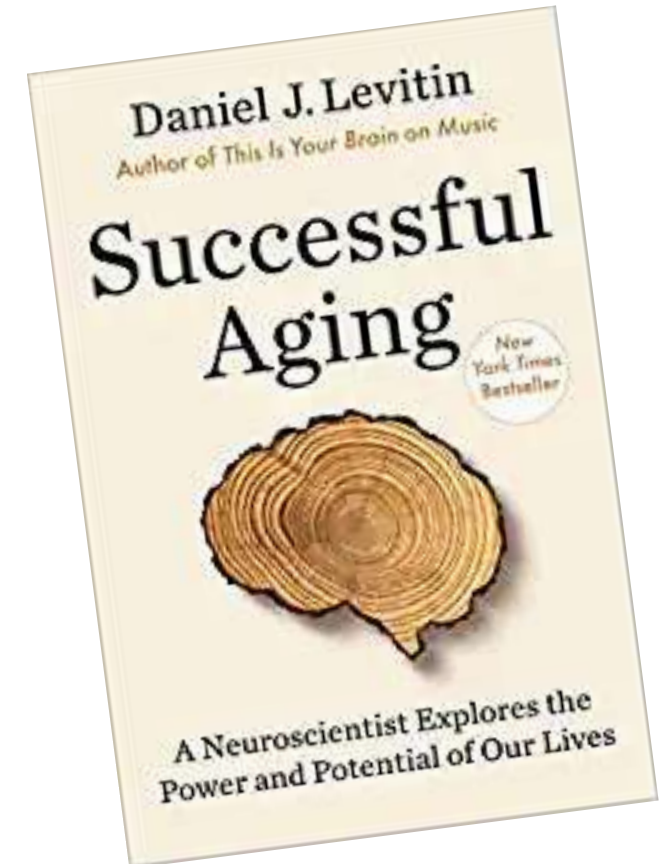
DECEMBER 1, 2020

# The Power of Curiosity & Learning

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*Openness and curiosity correlate highly with good health and long life. People who are curious are more apt to challenge themselves intellectually and socially and reap the rewards of the mental calisthenics that result.*

— Successful Aging: A Neuroscientist Explores the Power and Potential of Our Lives by Daniel J Levitin



# Openness to Experience

---

..there's a huge role for technology in older adult wellbeing and cognitive health.

Dayna Tournon, Professor of Psychology, University of North Carolina



Topic of the Day

---

How your devices support lifelong learning?

Four tools for exploration and learning



# Our Learning Tools

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- Zoom and Screen Share
- Slides – Downloadable from class page
- Demonstrations
- Your Questions
  - “Hey Don” or Chat
- Online Class Page at:  
[Links.SeniorTechClub.com/SHIFT8](https://Links.SeniorTechClub.com/SHIFT8)



# What's On the Class Page?

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[Links.SeniorTechClub.com/SHIFT8](https://Links.SeniorTechClub.com/SHIFT8)





Poll: What devices or computers do you use?

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# Our Tools for Learning & Exploration

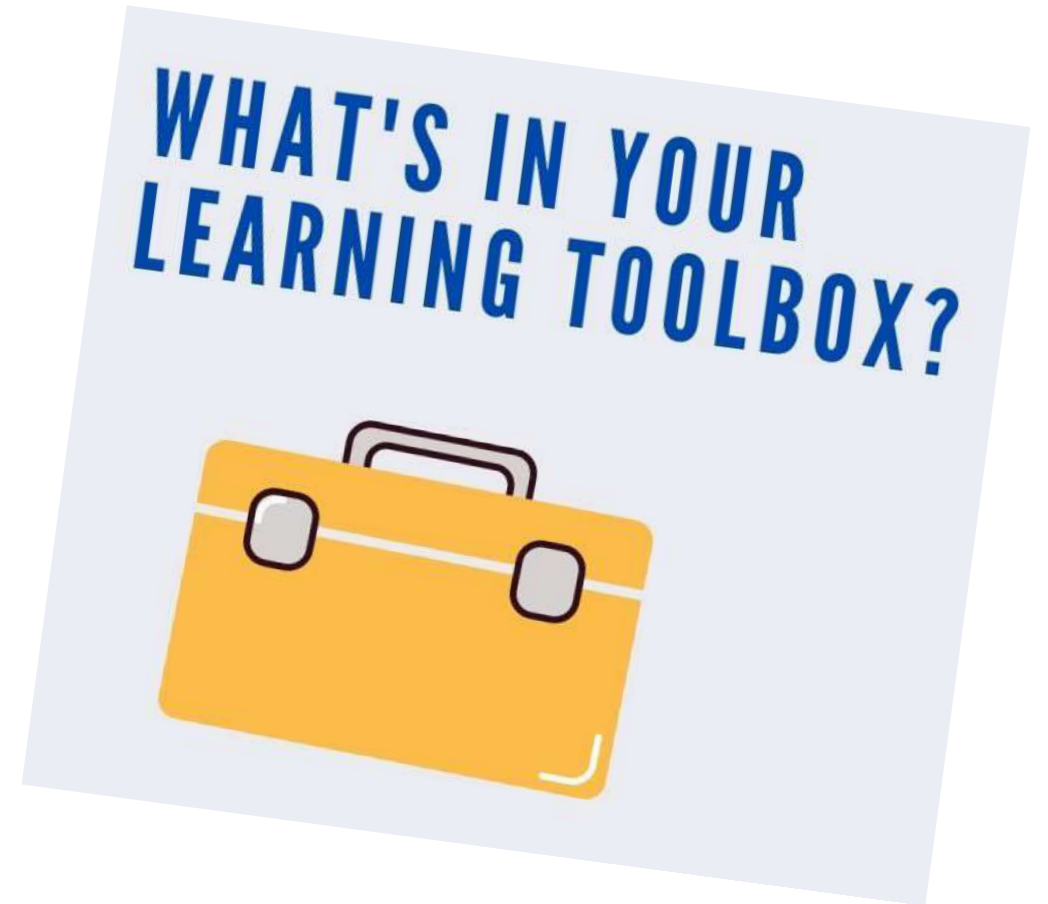
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eBooks

Podcasts

Online Learning Platforms

Video Sharing Platforms





# Two Step Approach

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QUICK DEFINITION AND  
POLL

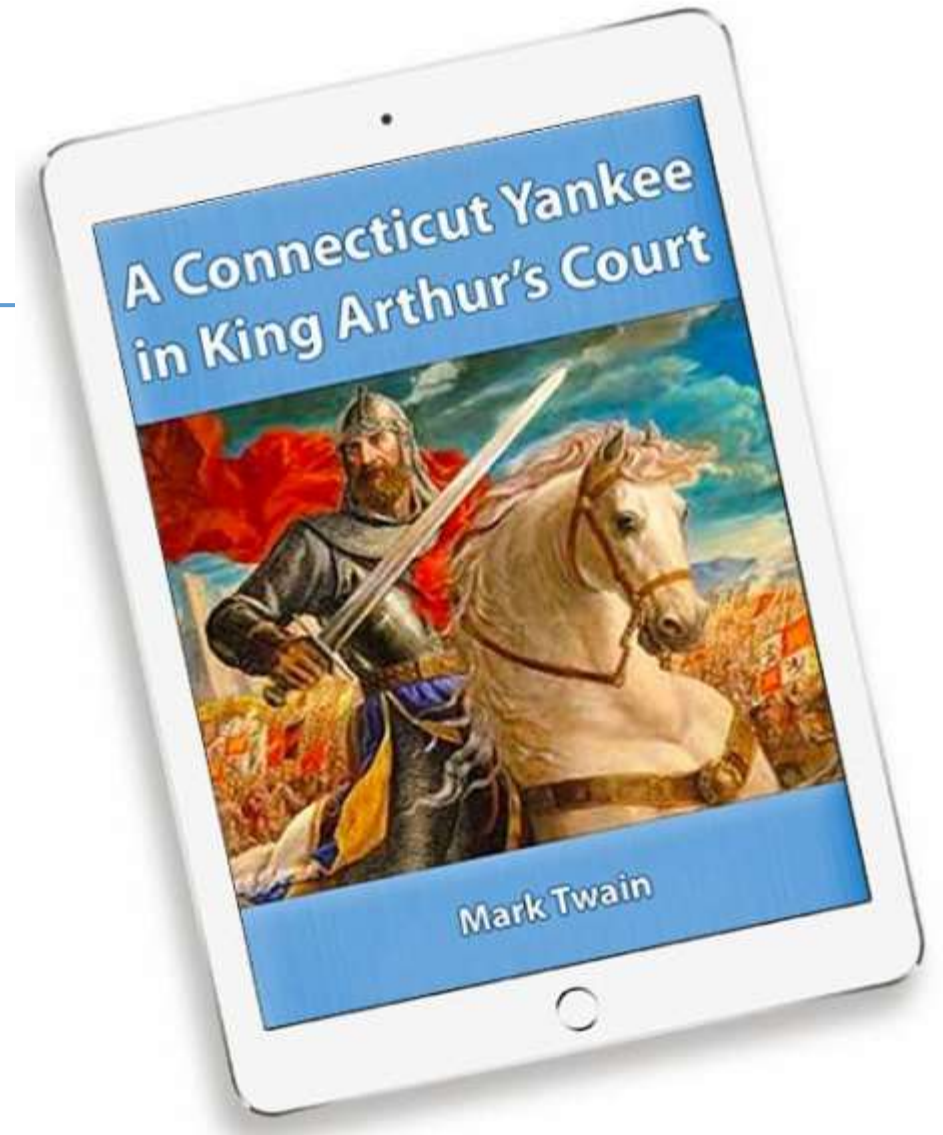


DEEP DIVE INTO APPS,  
SOURCES & TIPS

# eBooks

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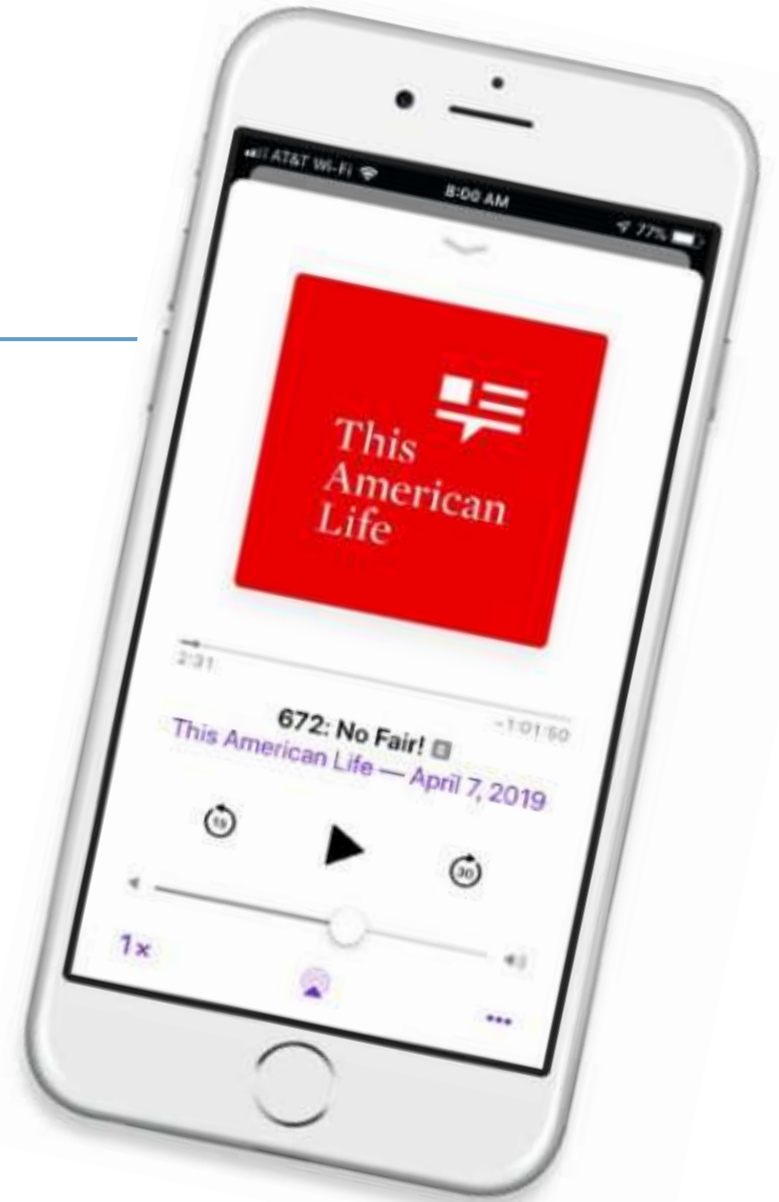
An **electronic book**, also known as an **e-book** or **eBook**, is a **book** publication made available in **digital** form and readable on a device or computer



# Podcasts

---

Audio programs available on the internet and downloaded to your computer or device for playing anywhere or anytime



# Online Learning Platforms

Online learning platforms feature lectures, reading and interactions among students and teachers.

Website where you take an online course



The screenshot shows a video player interface for a course titled "Introduction to Photography". The video features a man with grey hair and glasses, wearing a blue shirt, speaking. To the right of the video player, there is a sidebar with course details:

- Author:** Ben Long (with a small profile picture)
- Skill Level:** Beginner (indicated by a bar chart with three bars of increasing height)
- Views:** 1,162,957
- Duration:** 1h 52m
- Updated:** 3/16/2020 **Released:** 9/15/2015

Below the sidebar, there is a description of the course:

It takes more than a camera to be a good photographer. But with today's smart technology and training from lynda.com, it's easier than ever to learn how to take great pictures. This course, designed strictly for beginners, provides for a solid grounding in the skills and tools you'll need to explore the world of digital photography. Ben Long starts with a look at the different types of cameras on the market and guidelines for setting your camera up for success. He also introduces the theory behind exposure: controlling the amount of light that reaches the camera's sensor.

Then it's time to take to the field and examine the

# Video Sharing Platforms

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Web site where users upload, view, rate, share, comment and subscribe to videos.



“You can learn anything on YouTube.”

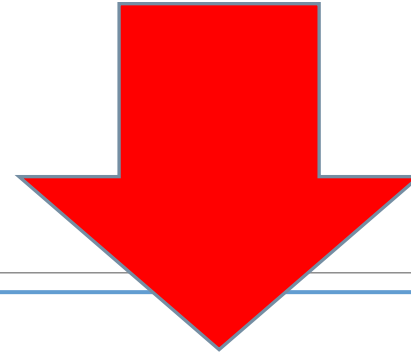


# Poll: Your Experience with these learning tools

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# Deep Dive

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QUICK DEFINITION AND  
POLL



DEEP DIVE INTO APPS AND  
SOURCES & TIPS

# Benefits of Reading

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People who read books have a “significant survival advantage” over those who don't *read* books.

Older adults who read 30 minutes per day live 23 months longer than people who don't read at all.





# eBooks Apps



Any computer or device can be an eBook reader



Tablets and Phone –  
Install an app

Preferred for  
portability and travel



Computer – Web Browser



Dedicated Devices – Kindle or Nook Device

# Where do you get eBooks?

---

Amazon Kindle – King of eBooks

Apple Books app

Google Play Books

Library

- Libby
- Hoopla
- CloudLibrary
- RBDigital



# eBooks do NOT have to be expensive

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Free books on:

- Amazon [Golden Link](#)
- Apple Book Store
- Library app (Libby, CloudLibrary, etc)
- Project Gutenberg [Gutenberg.org](#)



# eBooks at your Local Library

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## Libby-Overdrive

- Hennepin County
- St Paul Public Library

## CloudLibrary

- Anoka County
- Hennepin County
- Ramsey County
- Dakota County



# Don't Forget Audiobooks

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Most eBook platforms also have audiobooks

# Smart Recommendations

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Start with the apps on your device

- Apple Books
- Google Play Books

Use your public library

- Libby
- CloudLibrary
- RBDigital

Need to read the latest bestseller

- Purchases from Amazon, Apple or Google

Classic Books

- Gutenberg.org

Sign up for deals emails from Amazon.com or Bookbub.com



# Demo – Project Gutenberg

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# Poll: Book Preferences

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# Podcasts

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Podcasts are audio programs that are made available on the internet.

Like Talk Radio programs on the Internet.

Available on All Platforms

- Apple, Android, Web Browser





# Please Share

---

USE THE ZOOM CHAT  
FUNCTION TO SHARE ANY  
FAVORITE PODCASTS.



# Podcasts

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*“Audio is one of the most intimate forms of media because you are constantly building your own images of the story in your mind and you’re creating your own production”*

Professor Emma Rodero

# What is a Podcast?

---

## Two primary sources

- Original topic
- Recording of a broadcast show

## Key Benefits:

- You can listen to on your own time.
- Listen Anywhere
  - Car, at work, at home, while exercising.



# How Popular are Podcasts?

---

Apple has 550,000 Podcasts, 30 million episodes

90 million Americans listen every month

Most popular among 25 – 54 year olds but....

- 55+ is a fast-growing segment

Remember in the “old” days where you used to have radio favorites that you listened to in the car?





# Are Podcasts Free?

---

Yes – Podcasts from most sources are FREE

Podcasters will typically make money with sponsors and embedded advertising.

- Product Endorsements
- Merchandise
- Paid Subscriptions & Classes



# How Do You Listen to Podcasts

---

## Podcast Apps

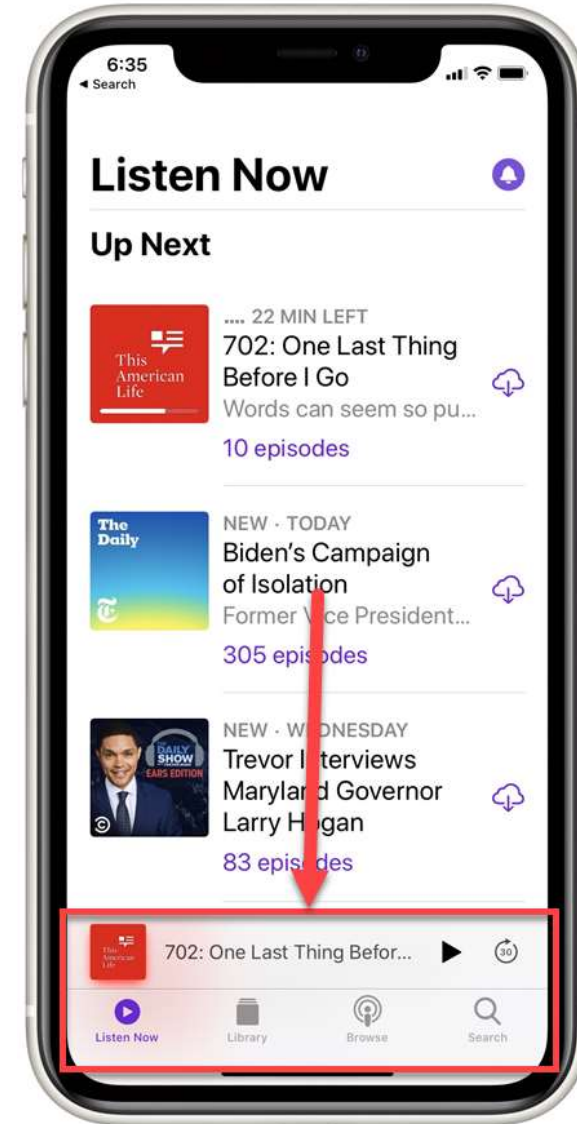
- iPhone/iPad – Podcast app
- Android – Google Podcasts
- Dozens of 3<sup>rd</sup> party apps
- Apps are great for subscribing and organizing



# How Do You Listen to Podcasts

## Within the App

- Search for Podcasts
- Subscribe and Follow
- Listen





# Five Podcasts Recommendations to Try

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1. This American Life
2. Stuff you Should Know
3. Radio Lab
4. Ted Talks Daily
5. Have a Favorite Radio Show?
  - Angela Davis or Climate Cast MPR
  - Car Talk – NPR
  - Sports Talk – KFAN Radio



# More to Consider....

---

Play Podcasts in your Car instead of Radio

- Don't forget Hands-Free in MN

Play Podcasts on Home Devices like Alexa, Home Pod or Google Home

Some Music Platforms are doing podcasts

- Spotify
- iHeart Radio



# Smart Recommendations

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Start with the podcast app on your device

- Apple Books
- Google Play Books (Play Store)

Search for a topic or favorite radio show

- App
- Google search

Listen

Never Stop Exploring

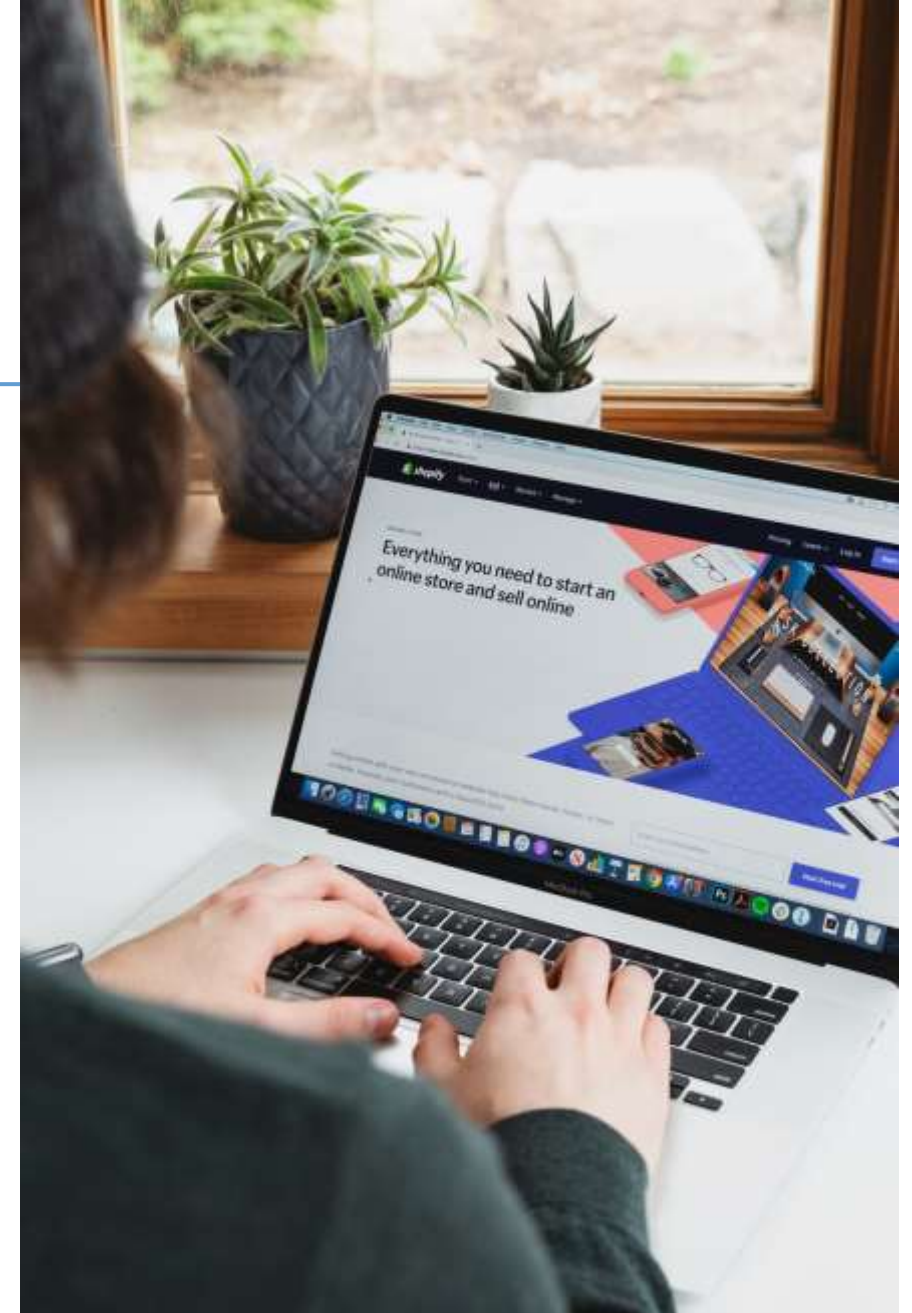


# Take Classes Online

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Learning Platforms: Websites or apps that deliver eLearning

Sign-up to take a class online



# Learning Platforms

Often blended combination of video and written coursework

### Introduction to Photography



**Author**



Ben Long

**Skill Level**  
Beginner

**Views**  
1,162,957

**Duration**  
1h 52m

**Updated** 3/16/2020 **Released** 9/15/2015

It takes more than a camera to be a good photographer. But with today's smart technology and training from lynda.com, it's easier than ever to learn how to take great pictures. This course, designed strictly for beginners, provides for a solid grounding in the skills and tools you'll need to explore the world of digital photography. Ben Long starts with a look at the different types of cameras on the market and guidelines for setting your camera up for success. He also introduces the theory behind exposure: controlling the amount of light that reaches the camera's sensor.

Then it's time to take to the field and examine the

# Where to Start

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Find a class & price combination for a topic of interest. Search at:

- Masterclass
- LinkedIn Learning formerly Lynda.com
- Coursera
- Udemy
- EdX

Sign up and enroll in the class

Watch videos, complete assignments, take tests



# Smart Recommendations

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## Pandemic Perfect

Get Lynda.com from your Local Library for FREE

- Hennepin County
- Ramsey County
- Dakota County
- St Paul Public

Get Coursera from MN DEED for FREE

- Propose impact from COVID pandemic
- Link: <https://www.careerforcemn.com/coursera>

Take a Class from Harvard or Yale for FREE

- Take course w/o certificate or credentials
- Edx.com

Take a class from Martin Scorsese, Ron Howard or Gordon Ramsey  
(MasterClass @ \$180 per year)







# Video

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You can learn about most anything on video!

- DIY Projects
- Music skills
- Cooking
- Hobbies
- Technical Skills
- Academic Topics

Biggest Challenge - Search



# Video

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# What is YouTube?

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Video Sharing Website

You can upload your own videos to share

Created in 2005,

Purchased by Google in 2006

It's HUGE!



# How Big is YouTube?

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Huge!

2 Billion Monthly Active Users

Used by 73% of adults – ahead of Facebook

500 Hours of Video are uploaded every hour = 82.2 years of video uploaded every day

Result: You can learn anything on YouTube.



# How can YouTube be FREE?

It's not really FREE!

You are trading your attention to watch a video



Whatever He's Selling!

Skip Ads ▶

# How to Access YouTube?

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Web at:

- Youtube.com

Mobile site:

- m.youtube.com

App downloaded from the App Store

-

# Do You Need a Login for YouTube?

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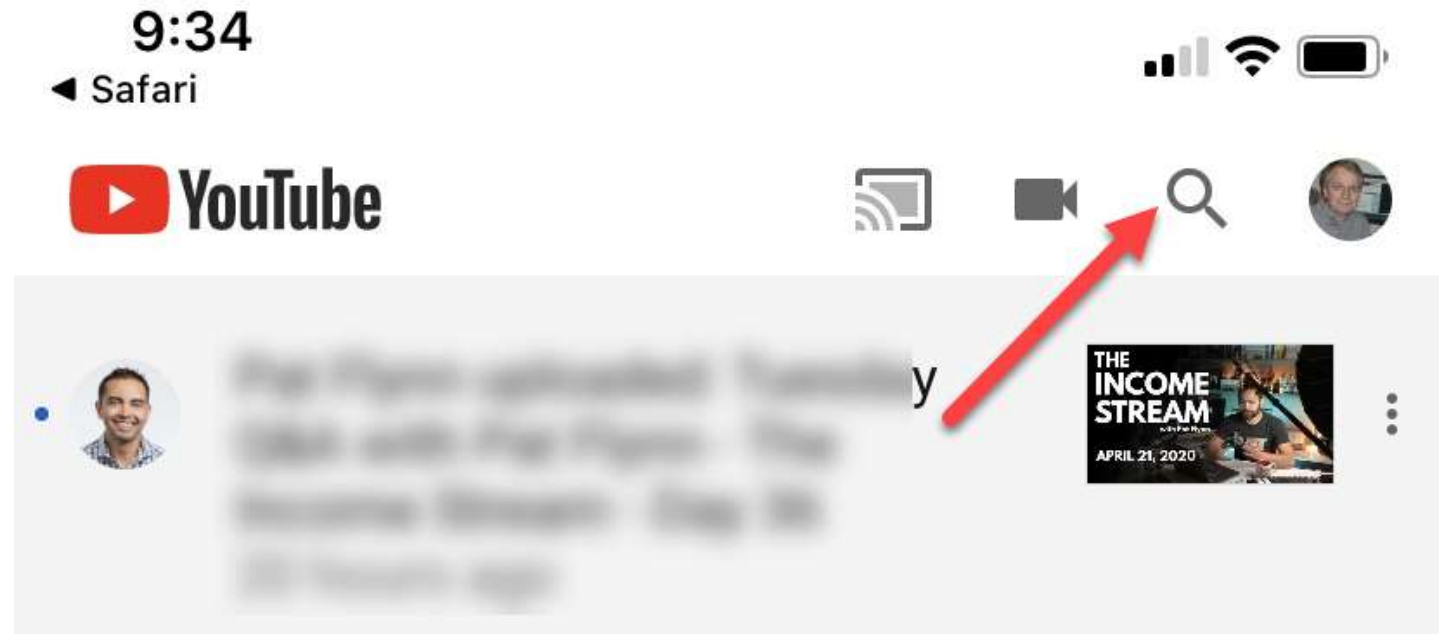
No - to search and view videos

Yes - to comment, like, save for later.



# Search

# Search



# Consider Views and Reviews

---

## How To Peel And Devein Shrimp

903K views • 7 years ago



Clean & Delicious

Peeling and deveining shrimp yourself both saves you money and is much fresher and more delicious than buying pre-peeled shrimp.

## How to Peel and Devein Shrimp Like a Pro | Food Network

107K views • 3 years ago



Food Network

Tail and head on or off, these foolproof techniques guarantee clean shrimp. Follow our step-by-step guide.

## How To Peel And Devein Prawns By Gordon Ramsay

1M views • 8 years ago



David H

CC

 345  31

## How to Clean Shrimp Like a PROFESSIONAL

372K views • 2 years ago

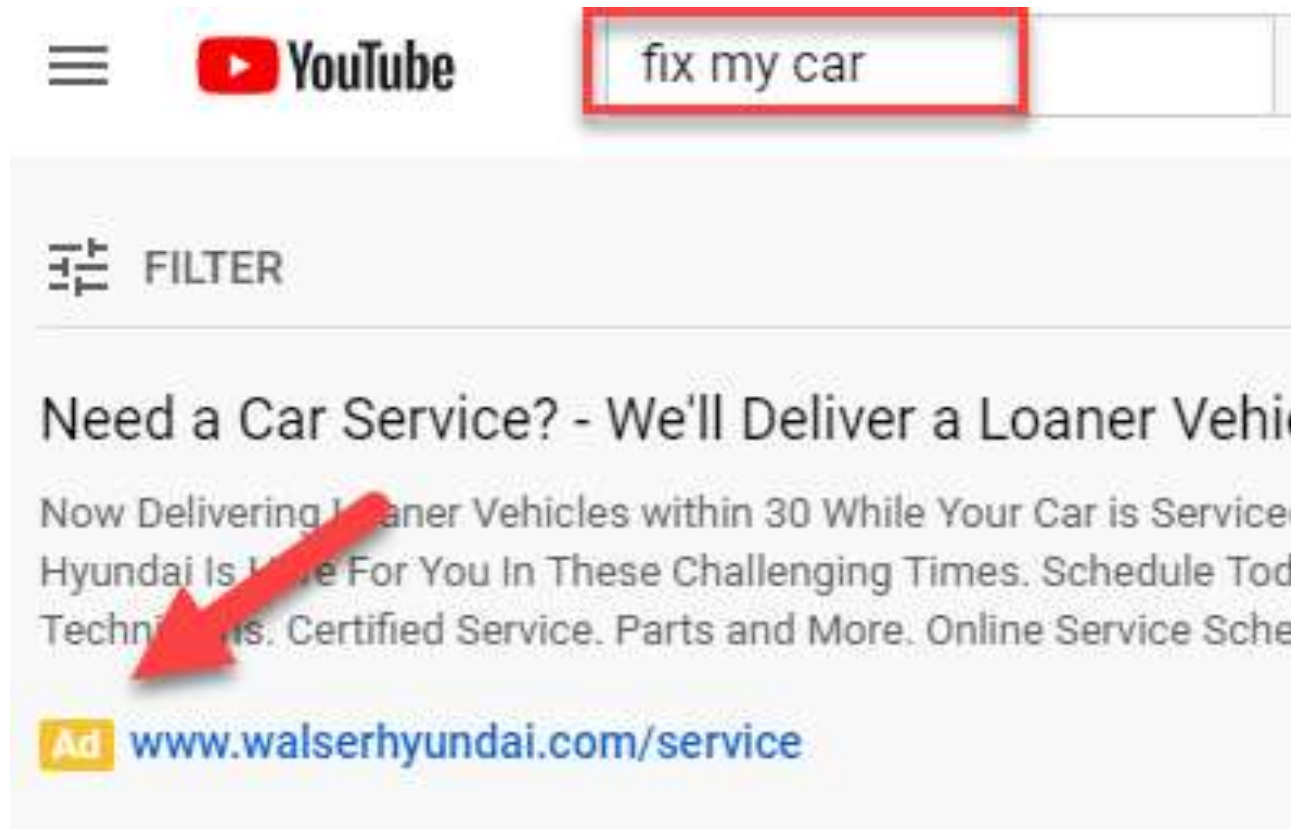


SauceRobert

Learn how to properly peel and clean shrimp the right way!



# Skip Placed Ads



# Video

---

Recognize the YouTube makes \$ via ads that they share with video producers.

Learn how to skip ad

Get good at Searching

Other Platforms:

TED Talks (Ted.com)

Social Media – Facebook & Twitter



# Smart Recommendations

---

Recognize the YouTube makes \$ via ads that they share with video producers.

- Learn how to skip ads

Get good at Searching. Use keywords and review the results. Look for # of views and producer.

You don't need to login for viewing and searching.



# Finally..... Parting Thoughts

---

If this learning space is new to you.....

- Partner with your local library
- Take a “Try It” Approach
  - Look for FREE resources
  - If it takes.... Pay Later
- Harness your curiosity to direct your learning





# Poll

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YOUR LEARNING PLANS?

# Future Tech Workshops - Tentative

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Date	Time	Topic
January 27, 2021	7:00 pm	<b>Actions to Secure your Online Safety</b>
February 24, 2021	7:00 pm	<b>LastPass Password Manager</b>
March 24, 2021	11:30 am	<b>Working with Personal Assistants. Getting to know Siri, Alexa and Google Assistant</b>





# Follow-up Questions?

[don@SeniorTechClub.com](mailto:don@SeniorTechClub.com)

More Information & Download

[links.SeniorTechClub.com/SHIFT8](https://links.SeniorTechClub.com/SHIFT8)



# Thank You!

Stay Safe

Stay Home

Mask Up

Wash Your Hands

Keep Learning