

# Inner Voices

## Personal Voice

I'm too old  
I'm not smart enough  
I'll break something  
I'll look stupid

## Peer Voices

"That's just for the kids."  
"You'll be a victim."  
"It'll take too much time."

## Family Voices

"You're messing things up!"  
"I already TOLD you how to do that!"  
"It's so EASY—what's your problem?"

## Tools for Overcoming "Inner Voices" of Older Adult Computer Students



Baby steps



Buddy system



Meaningful  
hands-on  
practice



Hooking into  
knowledge &  
experience

