

Inner Voices

Personal Voice

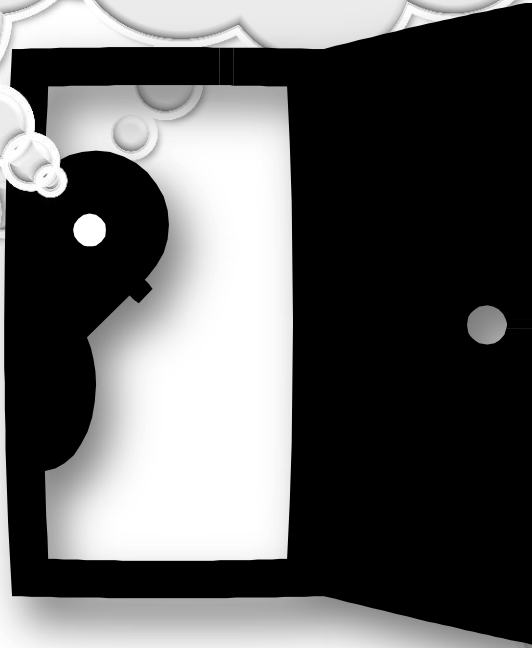
I'm too old
I'm not smart enough
I'll break something
I'll look stupid

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

