

Free Online Learning Checklist for Seniors

Getting Started

- ☐ Identify 2-3 hobby or interest areas you'd like to explore
- ☐ Choose your preferred learning device (computer, tablet, or smartphone)
- ☐ Test your internet connection and ensure it's working smoothly
- ☐ Set up a comfortable, quiet learning space in your home
- ☐ Contact your local library to ask about free digital learning resources

Exploring Learning Platforms

- ☐ Browse YouTube for beginner tutorials in your areas of interest
- ☐ Create a free Khan Academy account and explore their course catalog
- ☐ Visit Coursera and look for courses you can "audit" for free
- ☐ Check your library's website for digital resources and online learning access
- ☐ Bookmark 2-3 platforms that offer courses in your preferred subjects

Before Starting Your First Course

- ☐ Read course descriptions and reviews from other students
- ☐ Check the instructor's credentials and background
- ☐ Note the course length and time commitment required
- ☐ Ensure the course level matches your current knowledge (beginner, intermediate, etc.)
- ☐ Test the platform's video player and audio quality

Setting Yourself Up for Success

- ☐ Choose a realistic learning schedule (start with 15-20 minutes per day)
- ☐ Create a simple learning journal or notebook for taking notes
- ☐ Set weekly learning goals that feel achievable
- ☐ Tell a family member or friend about your learning plans for accountability
- ☐ Plan how you'll apply what you learn in real life

During Your Learning Journey

- ☐ Take notes on key concepts and interesting facts
- ☐ Pause and replay videos as needed—there's no rush!

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- ☐ Participate in course comment sections or discussion forums
- ☐ Practice what you learn through hands-on activities or projects
- ☐ Connect with other learners through online communities

Staying Safe While Learning Online

- ☐ Verify that course platforms are legitimate before providing personal information
- ☐ Never share financial information for "free" courses
- ☐ Use strong passwords for any accounts you create
- ☐ Be cautious about clicking links in emails claiming to offer courses
- ☐ Stick to well-known, reputable learning platforms

Making the Most of Your Experience

- ☐ Celebrate small milestones and completed lessons
- ☐ Share interesting facts or skills with family and friends
- ☐ Look for local groups or clubs related to your new interests
- ☐ Consider moving to intermediate courses once you complete beginner levels
- ☐ Keep a list of courses you want to take next

Popular Free Course Topics for Seniors

- ☐ Genealogy and family history research
- ☐ Photography basics and photo editing
- ☐ Cooking and baking techniques
- ☐ Gardening and plant care
- ☐ Art and crafts (watercolor, drawing, knitting)
- ☐ Music appreciation or instrument lessons
- ☐ Local and world history
- ☐ Language learning
- ☐ Bird watching and nature identification
- ☐ Personal finance and budgeting

Technical Troubleshooting

- ☐ Know how to adjust volume and video quality settings
- ☐ Learn basic functions: play, pause, rewind, and fast-forward
- ☐ Find the help or support section on each platform
- ☐ Have a backup plan if your internet connection is slow

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- ☐ Know how to bookmark or save courses for later

Building Your Learning Community

- ☐ Join Facebook groups or forums related to your course topics
- ☐ Share your learning progress with supportive family members
- ☐ Look for local meetups or clubs that complement your online learning
- ☐ Consider teaching others what you've learned
- ☐ Stay connected with fellow online learners for motivation

Next Steps

- ☐ Plan your next course or learning topic
- ☐ Explore more advanced courses in subjects you've enjoyed
- ☐ Consider creating something with your new skills (art project, family tree, etc.)
- ☐ Share this checklist with friends who might enjoy online learning
- ☐ Visit Cyber Smart Seniors for more technology and learning resources

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