"DIGIWORK - DIGITAL SKILLS FOR ADULT LEARNERS" - PROGETTO N. 2022-2-IT02-KA210-ADU-000094581

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INTERNAL DOCUMENT

DigiWork
digital skills for adult learners

Mini Course
INTRODUCTION TO ONLINE LEARNING FOR ADULTS

EPALE

PUNTO EUROPA
INNOVATIVE PROJECTS

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Mini Course: INTRODUCTION TO ONLINE LEARNING FOR ADULTS

Introduction and objectives

The mini course "Introduction to Online Learning for Adults" was designed to address the needs identified during the initial tests of the DigiWork project. These tests revealed that adult learners, particularly those aged 55 to 65, required more structured support to effectively engage in online learning. The course aims to provide a solid foundation for approaching online learning, helping participants overcome initial challenges related to the use of digital technologies and boosting their confidence in a virtual learning environment.

Course structure

The mini course is organized into three main modules, each developed to meet the specific needs of the learners and to best prepare them for using video courses and digital resources.

Module 1: Introduction to online learning

- Objectives: To familiarize participants with the basic concepts of online learning and e-learning platforms.
- Content:
    - What is online learning: advantages and challenges.
    - Introduction to the main platforms used (e.g., YouTube, e-learning platforms).
    - How to navigate these platforms: accessing content, signing up, and using key features.
- Practical activity: Guided simulations on how to subscribe to a YouTube channel and access an online course.

Module 2: Using digital materials

- Objectives: To provide practical skills for effectively using digital materials, particularly video courses.
- Content:
    - Overview of video courses: how they are structured and how to follow them.
    - Tools for active learning: taking digital notes, using subtitles, pausing, and reviewing important sections.
    - Time management and learning: how to plan study sessions and monitor progress.

- Practical activity: Exercises in navigating through a video course, focusing on functions such as pause, playback, and accessing subtitles.

Module 3: Practical application and final project
- Objectives: To prepare participants to complete a final project that applies the skills acquired during the course.
- Content:
    - Introduction to the final project: goals and requirements.
    - Examples of digital projects: what others have done and how to use AI to create content.
    - Practical guide to using the Synthesia app for video creation: from scriptwriting to video publishing.
- Practical activity: Beginning the final project, with guided exercises on using Synthesia and other digital technologies. Participants will receive continuous feedback during project development.

Methodology
The mini course uses an interactive and practical approach, with sessions held in small groups to encourage collaborative and personalized learning. Each module includes a combination of theoretical lessons, practical demonstrations, and interactive activities, designed to accommodate the different learning paces of participants. Additionally, based on feedback received during pre-training sessions and dissemination activities, the materials have been revised to make them more accessible and user-friendly, ensuring that every participant can progress confidently through the learning journey.

Support and resources
Participants will have continuous access to additional resources, such as practical guides, video tutorials, and technical support. Educators will also be available to provide personalized assistance, answer questions, and help overcome any technical difficulties. The goal is to create a positive and inclusive learning environment where every participant feels supported and motivated to achieve their learning goals.