



Connecting you with our world

One tech tool and lesson at a time

You're Never Too Old to Learn Something New

Video to watch: [20+ Tips for Senior Adult Learning - Building a Better Brain](#)
(Video is on our YouTube channel and our website SeniorTechConnect.net)

List at least 3 benefits from improving your brain with learning new things:

Learning Tips for YOU to Always Remember

Your Self Talk Matters—Use kind words—Use words you would speak to others

“I don’t know this YET” or “I’m not YET experienced with this but I WILL BE”

Be Patient with Yourself

Learning new things may take more time and energy than it used to

Be Kind to Yourself

You are choosing to learn new things to better connect and make a bigger difference in our world—that is AMAZING and we thank you for all you do!

Positive Attitude

“I can do this” or “This is going to be fun” or “I’ll finally be able to ____”

Practice with Patience

Practicing for shorter times more often is better than longer less frequently

When it gets hard—remember the benefits you’ll enjoy with this new skill

You’ll write YOURS at the top of the Note Sheet for that skill

Take a moment to imagine the benefits—see you having learned this



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Learning Tips for Your Best Learning Process

Practice makes Permanent—“Use it or Lose it”

Take ‘brain breaks’

Time for your brain to absorb and process what you are learning

You'll remember easiest what you first learn and what you learn last

Though video length often naturally falls in good time frames—when learning other things, it can be helpful to use a timer

Watch the video

First time to know if it's something that you can use

If you already know it – who do you know who could learn this skill?

Watch again as many times as needed to learn the new skill

Watch it at your own pace—slow it down and/or pause as needed

During the Practice Now parts of the video – once you pause the video and complete practicing the skill--stand up, walk around a bit to help have a ‘brain break’ while learning the new skill

Write notes in your own words – make them make sense to you

Customize notes for your devices

Review and update notes when you watch the video multiple times

Read notes out loud – at least 3 times

Helpful to ‘restate’ notes as if you are explaining them to someone else

Pause video as needed to practice with your device

Teach what you've learned to someone else

Celebrate your successes

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Use the new skill to enjoy the benefits you wanted

Share with family and friends

Share with SeniorTechConnect.Net Facebook group

Help others that are trying to learn

Learning Tips For Using As Many of Your Senses As Possible

Visual

Watch the videos

Review your Note Sheets

Read the captions during videos

Turn on closed captions for the video (for other videos)

Kinesthetic/Hands-on

Practice what you're learning – with patience and kindness

Write your notes for YOU—Your device and Your way of speaking

Auditory

Read your notes out loud

Listen to good 'brain organizing' music when doing other learning tasks

Scent

Pleasant smells in the room

Learning Tips for Your Physical State

Head up to get blood to your brain



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Comfortable position and clothing

Deep calm breathing

Eating good 'brain food'

Drinking enough water

Take breaks often—every 20-30 minutes

Do something physical during break

Tips for Your Best Learning Environment

Device is on

Internet browser has at least YouTube and SeniorTechConnect.net open

Note Sheet for this video is printed—You may want 2 copies

One to use while learning, reviewing, and adding notes as you go

The other as complete 'clean' final notes to use in the future

Sound is on

Some use headphones to minimize other distractions and hear better

Room is well-lit and has nice smells

Comfortable Seating – easy to watch video and take notes and practice new skill

Minimize distractions

Learning Tips for You—From Your Past

(What has helped you in the past to learn new or hard things?)

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Tips not mentioned in the video but that could be helpful to you:

Improve your Eye-Hand Coordination – makes using devices easier

Play solitaire or other computer games

Practice 'click and drag' functions

Improve brain balance – using both sides of your brain

Play computer games using your non-dominant hand instead

Do daily tasks using both hands or your non-dominant hand instead

Additional related resources:

In YouTube, search for “[Neural Connections \[How Thoughts Work\]](#)” to see a video that shows actual neural pathways being created—it is SO amazing – and this is what’s happening IN YOUR BRAIN as you learn new things

In YouTube, search for “[How We Learn – Synapses and Neural Pathways](#)” for a great video about learning and Neural Pathways

Related books that we’ve enjoyed:

Limitless by Jim Kwik

Atomic Habits by James Clear

Other SeniorTechConnect.net videos mentioned in this video:

YouTube Basics



Building a Better Brain - 20+ Tips for Senior Adult Learning

You're Never Too Old to Learn Something New

Creating a Gmail/YouTube account

[Browser Basics – What is a Browser and Using Yours Better](#)

Please connect and share what you've learned with someone you know.

Thank you for all you do to connect with others and make our world a better place to be!

