



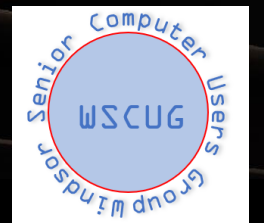
Online Learning



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WSCUG

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Keeping Your Mind Active

Studies have shown that keeping your mind active can delay the onset of Alzheimers and slow memory loss

What is Online Learning?

Online Learning is using the Internet to learn new things from the simple to the complex. It can be done on your computer, tablet or phone.

One Off Learning

One Off Learning is a single educational experience about something of interest

- You Tube
<https://www.youtube.com/>
- Ted
<https://www.ted.com/>
- Big Think
<https://bigthink.com/>
- Lynda
Available through Sonoma County Library
See the WSCUG website for Lynda.com.pdf for information from the Library about this resource.

Courseware

Courseware is a complete class on a subject with multiple lessons

- Coursera
<https://www.coursera.org/courses>
- EdX
<https://www.edx.org/>
- Khan Academy
<https://www.khanacademy.org/#browse>
- UCTV lifelong learning
<https://www.uctv.tv/education/lifelong-learning/>
- OLLI from Sonoma State
<http://olli.sonoma.edu/>

Current Events

These are live or recorded broadcasts of speeches, panels or events

- Commonwealth Club
<https://www.commonwealthclub.org/>
- YouTube
<https://www.youtube.com/>

Blogs, Podcasts and Vlogs

These are ongoing written, audio or video presentations featuring points of view from one person or a small group. Name a subject and there will be a blog about it.

Audio Books

- Audio Books are a great resource for those for whom reading is difficult.
- Audio books can be purchased from sources such as Audible.com.
- The Sonoma County Library has a huge selection of audiobooks available for download.