

# Internet and Digital Knowledge Self-Assessment



Thank you for participating in our class! Please answer the following assessment. You'll see what you've learned and be able to suggest what you'd like to learn next and how we can keep improving. **There are no right or wrong answers. We will not share your personal information without your permission (see privacy note for details).** If you have any questions, please email Peter at [tech@sfccommunityliving.org](mailto:tech@sfccommunityliving.org) or 415-821-1003, extension 109.

Your Full Name: \_\_\_\_\_ Date: \_\_\_\_\_

Your Email Address: \_\_\_\_\_

Class: \_\_\_\_\_  Tuesdays  Thursdays

## Internet Access and Devices

---

Can you get onto the Internet from your home? Please check all that apply.

- No**, I need to go somewhere else to get online: \_\_\_\_\_
- Yes**, I get online from home using:
- iPhone or Android Smartphone*  *Cellular Hotspot*  *Internet Provider*  *I'm not sure*
- 

Do you have a device like a tablet or computer to get onto the Internet from your home?

- No**, I need a tablet or computer
- Yes**, I have:  *Android tablet*  *iPad*  *Kindle Fire*  *Google Chromebook*  *Apple computer*
- PC (Windows) computer*  *Another:* \_\_\_\_\_  *I'm not sure*
- 

Does the tablet or computer you usually use to get online have the following, either included on the device or attached. Please check all that apply

- Camera*  *Microphone*  *Speakers or Headphones*  *I'm not sure*
- 

Do you have any physical concerns that make it more difficult for you to use a tablet or computer?

- I have **trouble seeing things** on my tablet or computer and/or **glare from a screen hurts my eyes**
- I have **trouble hearing** my tablet or computer
- I have **trouble pointing to and/or selecting things** on a tablet or computer

Were we able to find strategies and tools that helped you with these challenges?

What is working better and what is still a challenge?

---

---

---

---

## Digital Knowledge

How familiar you are now with the following? There are no wrong answers – we’re all still learning!

---

Please tell us how familiar you are with using tablets or computers. Check all that apply

- This is *all new to me*
  - I feel comfortable *turning on my computer or tablet*
  - I know how to *get around and find things on my computer or tablet*
  - I know how to *make adjustments to make it is easier for me to see or hear things on my device*
- 

Please tell us how familiar you are with using the Internet. Check all that apply.

- Using the *Internet is new to me*
  - I have an *email address*
  - I am comfortable *reading emails*
  - I can read a *document attached to an email*
  - I am comfortable *clicking on a (trusted) link in an email*
  - I know how to *get to a web browser to find information online*
  - I feel comfortable *filling out an online form*
  - I can *watch videos online*
- 

Have you used video conferencing applications like Zoom, Facetime, Skype, or WebEx to see and talk with other people over the Internet? Please check all that apply.

- I haven't used Zoom*, but would like to learn
  - I have called in to Zoom to:
    - join *group meeting by telephone*
    - join a *group video meeting*
    - host* a group video meeting
  - I have used *other video conferencing applications* like WebEx, FaceTime, or Skype.
- 

## Technical Help and Internet Safety

Do you feel you have the contacts and knowledge you need to safely use your computer or tablet?

---

I have someone in my household (or within my COVID-safe bubble) who can provide in-person help when I have a technology question or something isn't working.

- Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree    Don't Know
- 

When I get stuck on something on my device, I know how to find help online and/or through a teacher.

- Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree    Don't Know
- 

I feel comfortable staying safe online (sharing only information I want to share, avoiding scams, etc.).

- Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree    Don't Know
-

## Getting Connected and Informed Online

Based on what you've learned in the class, how comfortable are you using your tablet or computer?  
What have you learned, and what would do you want to learn more about?

### Staying Connected

---

I feel comfortable using the Internet to connect with friends, family, and other people through email or social media like Facebook or Instagram.

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

---

I feel comfortable using video conferencing applications like Zoom or WebEx to participate in events and activities like classes, church, exercise, or social groups.

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

---

### Finding Help and Information

---

I feel comfortable using the Internet to search for programs or other services that enhance my well-being, such as activities in my community, and/or local events.

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

---

I feel comfortable using the Internet to find places to get assistance with food, transportation, and other needs; apply for jobs; check social security; use online banking; and/or answer financial questions.

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

---

### Staying Healthy

---

I feel comfortable using the Internet to answer questions about my health

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

---

I feel comfortable communicating with my doctor or other healthcare providers over the Internet, for instance through my health provider's website or via video visits (telemedicine)

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

---

Is there anything else you'd like to learn about your tablet or computer, or how to do online?

---

---

## How Did the Class Go for You?

What did you expect to get out of this class? \_\_\_\_\_

---

Did the class meet your expectations?

Strongly Agree  Agree  Neutral  Disagree  Strongly Disagree  Don't Know

---

---

How likely are you to recommend this class to someone else?

- Very Likely    Somewhat Likely    Somewhat Unlikely    Very Unlikely    Don't Know
- 

What did you like best about the content of the class?

---

---

What did you like least about the content of the class?

---

---

Are there any other suggestions you would like to offer to make the class more effective?

---

---

## How Are You Doing?

---

I am content with my friendships and relationships

- Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree    Don't Know
- 

I have enough people I feel comfortable asking for help at any time

- Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree    Don't Know
- 

My relationships are as satisfying as I would want them to be

- Strongly Agree    Agree    Neutral    Disagree    Strongly Disagree    Don't Know
- 

Are there areas where you'd like more information, referrals, or assistance? (Check all that apply)

- |  |  |
|--|--|
| <input type="checkbox"/> Emergency preparedness          | <input type="checkbox"/> Resources for mental health & grief support |
| <input type="checkbox"/> Getting groceries or meals      | <input type="checkbox"/> Safe and affordable transportation options  |
| <input type="checkbox"/> Help with others                | <input type="checkbox"/> Safe opportunities to meet in person        |
| <input type="checkbox"/> Help with pets                  | <input type="checkbox"/> Support with caregiving                     |
| <input type="checkbox"/> Help with taking care of myself | <input type="checkbox"/> Volunteering                                |
- 

**Privacy Note.** Your privacy is very important to us. We will not share your personal information outside of the Community Living Campaign staff working on this teaching project without your permission. We may use your answers combined with other students' responses and without your name and identifying characteristics to report to current or potential funders to continue growing the funding available for internet access, digital devices and training for older adults and people with disabilities.

 **Thank You for Completing this Assessment!**