What is it?
• Cyber Seniors is a class for Senior Citizens to help them with computer skills.
• Each class meets every Monday from 3:30-5 pm at the BOCES building in Canton, NY

Responsibilities
• Each volunteer is expected to lead a few classes during the semester and create handouts.
• We go over many topics from creating a Gmail account to creating a Facebook account.
• Each volunteer walks around the room and answers specific questions.

“Perceiving the emotions of others enables us to build healthier relationships, manage difficult situations, and develop trust more effectively. Being empathetic requires you to have a high level of self-awareness as well as awareness of others.”

Leadership
• Cyber Seniors taught me a lot about leadership and how to be patient and helpful.
• Teaching basic computer skills turned out to be very frustrating.
• Always wanted to do it for them, but had to sit back and teach them step by step.

Impact on me
• Volunteering at Cyber Seniors let me understand the challenges Senior citizens have.
• Gained more respect for them and made me a more patient person.
• Helped me work with others better.
• Learned how to be a patient leader.

View on Community
• Canton is quite a secluded community.
• Many other senior citizens from other towns are able to use computers very well.
• Not exposed to as much.