



Virtual Senior Planet Lectures for AARP State Offices

Updated June 30, 2024

One-off lectures introduce popular tech topics and themes in a clear and concise manner. Individual lectures aim to explain the general purpose of a device or concept, its usefulness and important tips and tricks.

- **Program Duration:** 60 minutes
- **Platform:** Zoom Meeting (0-149 attendees); Zoom Webinar (150+ attendees)
- **Participant Materials:** Handout (provided via chat by Senior Planet)
- **Lead Time:** 6 weeks

Available Lectures

New topics available this quarter are indicated with a star. Full descriptions are available on pages 3 - 8.

- #AgeFriendly
- 5G Technology
- Affordable Home Internet
- ★ AI & Disinformation
- ★ AI All Around
- AI Image Generators
- All Things Zoom
- Anti-Virus & Malware Removal Programs At a Glance
- Cloud Storage
- Crowdfunding for a Cause
- Crowdfunding for Entrepreneurs
- Digital Coupon Tools
- Digital Legacy at a Glance
- Digital Scrapbooking Tools
- Digital Storytelling
- Digital Tools to Boost your Business
- Drones
- eBay & PayPal
- Emojis, GIFs, and more!
- Everyday Uses of AI
- Facebook
- Fitness Apps
- Food Delivery Apps
- Gardening Tech At a Glance
- Google Maps
- Google Workspace
- Graphic Design Tools
- How to Choose a New Computer
- Instagram Basics
- Internet of Things at a Glance
- Intro to AI
- Intro to Booking Vacation Stays Online
- Intro to Chatting with AI
- Intro to Digital Wallets
- Intro to Estate Planning Resources & Tools
- Intro to Gaming
- Intro to Heart Rate Monitor Apps
- Intro to Hosting on Zoom
- Intro to Learning Apps - Languages & The Arts



Available Lectures (cont.)

Full topic descriptions are available on pages 3 - 8.

- Intro to Managing Your Privacy
- Intro to Nextdoor
- Intro to Photo Editing Tools
- Intro to Selling Online
- Intro to Sleep Technologies
- Intro to Smartphone Photography
- Intro to Social Media
- Intro to TikTok
- Intro to Translation Tools
- Intro to X (formerly Twitter)
- Intro to Videos on Facebook
- Introduction to Smartphone Photography
- IoT: Entertainment
- IoT: Healthcare
- IoT: Smart Cities
- IoT: Smart Homes
- IoT: Wearables
- iPhones
- Is that AI?
- Job Searching in the Digital Age
- Meal Kit Services
- Meetup
- Messaging Apps
- Mindfulness Apps
- Mobile Health Apps
- MyChart
- Online Health Resources at a Glance
- Online RX Drug Resources
- Online Shopping
- Online Tools for Contacting Your Lawmakers
- Online Travel Sites
- P2P Payments
- Podcasts at a Glance
- Protecting Your Personal Information Online
- ★ Reddit at a Glance
- Ridesharing Apps
- Saving Money with Tech
- Smartphone Camera Uses Beyond Photography
- Smartphones at a Glance
- Social Media for Job Searches
- Spotify
- Streaming & Smart TVs
- Tech Tips for Disaster Preparedness
- Telemedicine
- Tips for Being News Savvy Online
- Understanding Bluetooth
- ★ Understanding Internet Plans
- Using Google Docs Templates for Resumes
- Video Chat
- Virtual Activism Against Racism and Police Brutality
- Virtual Museum Tours
- Virtual Reality at a Glance
- Voice Assistants
- ★ Website Builders at a Glance
- YouTube

Program Title	Program Description	Additional Languages
#AgeFriendly	The World Health Organization (WHO) has called for a more age-friendly world, where older adults can access, enjoy, and contribute to their communities and beyond. In this lecture, you'll learn about the WHO's eight elements of an age-friendly city and what makes a business age friendly. We'll also discuss ways you can learn more and join the conversation about age friendly through social media and more.	Spanish
5G Technology	5G, the fifth generation of wireless technology is quickly expanding around the world and growing the global "Internet of Things" of connected devices. This lecture will explain what it is, how it works, and compare it to the previous generation known as 4G. We will also cover some of the most exciting applications of 5G and the impact it will have on our daily lives from self-driving cars to smart cities, virtual reality, holograms, and more!	Chinese Spanish Vietnamese
Affordable Home Internet	Having home internet can help you save money, look for a job, connect with others, make everyday tasks easier, and much more! This lecture goes over basic information you need to know when signing up for home internet service, so that you can understand all your options. You'll also learn about resources for finding low-cost programs from internet service providers across the country.	Chinese Haitian Creole Russian Spanish Vietnamese
AI & Disinformation	Disinformation refers to false information created to mislead people, and it's nothing new. But today's AI-powered tools and social media have made it easier and faster to create and spread disinformation. In this lecture, we'll explore how AI is used to create convincing deepfakes and clone voices, making it challenging to distinguish between real and fake content. We'll also review best practices for evaluating information and explore tech tools that can help identify content created with AI.	
AI All Around	If it seems like AI is showing up everywhere, it's not just you! From searching the web to attending a Zoom meeting, AI tools are now available to help with most online tasks. In this lecture, we'll explore many of the digital platforms and websites generative AI is now available. We'll discuss how the tools try to make tasks easier and go over privacy considerations to keep in mind when using them.	
AI Image Generators	Do you envision something in your mind's eye but struggle to bring it to life? There's an AI tool for that! This lecture will explain how artificial intelligence can turn your words into stunning realistic and imaginative images in seconds. We'll demonstrate an AI image generator and the wide range of visual and artistic styles it can produce. You'll also learn tips for getting the most out of this new and exciting technology so you can get started!	Spanish
All Things Zoom	Curious why Zoom has become everyone's go-to video conferencing software? This lecture will go over how to use Zoom to chat with friends & family, and take virtual classes with Senior Planet! You'll learn about useful Zoom features, whether you're connecting with an iOS, Android, or Windows device. The lecture will also go over security considerations and give tips on how to look your best during a video chat.	Chinese Haitian Creole Russian Spanish
Anti-Virus & Malware Removal Programs At a Glance	Did you know that viruses are only one type of malware that can harm your computer? In this lecture, we'll go over different types of malware and how they work. We'll also introduce some anti-virus programs and malware remover software and go over how these tools can be used to prevent and get rid of malware infections. Attend this lecture to learn how to keep your device safe!	Chinese Spanish
Cloud Storage	In this lecture, you'll learn the basics of cloud storage — a technology that lets you store documents, images, and other media files remotely while giving you greater accessibility, reliability, and protection for your important data. We'll discuss what it is, why it's the future of data storage, and demonstrate a few of the most popular services currently available to consumers.	Chinese Russian Spanish Vietnamese
Crowdfunding for a Cause	Fundraising by gathering small donations from large numbers of people has been around much longer than the internet. But online platforms have made it easier than ever to raise money, including for charitable causes. This lecture will give an overview of donation-based crowdfunding and explore two popular platforms used by individuals and nonprofits to raise money: GoFundMe and Facebook Fundraisers. You'll also learn tips for creating crowdfunding campaigns and for donating to causes that are important to you.	Spanish
Crowdfunding for Entrepreneurs	The internet has changed the way entrepreneurs, small business owners, nonprofits, and charitable organizations raise money. This presentation will explore crowdfunding—fundraising by gathering small amounts of money from large numbers of people—online. You'll learn the fundamentals of using a crowdfunding campaign to raise money as well as how to search for and contribute to other people's campaigns. The presentation will also discuss three popular crowdfunding platforms: GoFundMe, Kickstarter, and Indiegogo.	Spanish
Digital Coupon Tools	If you like saving money on groceries and everyday items, then this lecture is for you! We'll introduce you to the world of digital couponing and a variety of tools to help you get started. You'll learn about coupon websites, apps, and databases as well as tips for getting the best deals.	Spanish
Digital Legacy at a Glance	Have you thought about your digital legacy? Not sure what that is? In this lecture, we'll explore this relatively new concept regarding what will happen to your digital content after you're gone. We'll explain some of the legacy options provided by the biggest tech companies and show you how to find out more information in the Settings and Help Sections of popular websites and apps. You'll also learn some best practices for planning your digital legacy.	
Digital Scrapbooking Tools	Do you like scrapbooking but want a more convenient way to organize and arrange your photos and mementos? Come learn about these digital scrapbooking tools that make it easy to digitize your memories. In this lecture, you'll get an overview of a few different tools that make it easy to create, share, and print your scrapbooks. You'll also learn about common features across the different platforms.	
Digital Storytelling	Do you have a good story to tell? This lecture covers digital tools to bring out your creativity. You'll explore ways to use social media like Instagram, Facebook, and X to write and share stories. You'll also learn about popular platforms like Enwoven and StoryCorps.	
Digital Tools to Boost your Business	Are you interested in becoming an entrepreneur? This lecture gives an overview of some important digital tools to help you get your online business up and running. Learn about e-commerce sites, how social media can help promote your business, and how you can use video chat platforms for services. We will also cover how to get paid using digital payment services.	
Drones	You've probably heard about drones. This lecture will cover the basics about drones: what they are, who uses them and why. We'll also touch on some of the exciting new ways drones are being used—from delivering Kindles and popcorn via Amazon Prime Air to delivering much needed medicine to remote areas of Africa.	Spanish



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eBay & PayPal	This lecture provides an overview of the popular auction website eBay and the pioneer online payment service PayPal. You'll learn the basics of buying and selling on eBay, as well as some important concepts, like seller feedback scores. This lecture will also present a basic overview of some of PayPal's most popular features.	Spanish
Emojis, GIFs, and more!	In this lecture we'll review what some of the most common emojis mean, where to find them on your smartphone keyboard, and when to use them. We'll also cover how to create an avatar using Bitmoji and Memoji. GIFs and Memes are additional ways to add some color to your communications, so we'll demonstrate where to find and create those as well!	Spanish
Everyday Uses of AI	Everyone is talking about AI. Come to this class to be a part of the conversation! This lecture will show you the ways AI is already present in everyday tasks and how it is used in everything from voice assistants to customer service and healthcare. We'll look at common applications of AI across multiple industries and discuss ways you too can take advantage of this influential technology.	Spanish
Facebook	Curious about Facebook but concerned about privacy? Interested in learning how to set up a profile or a page? Want to learn more about Facebook Live? This lecture offers an overview of Facebook's evolution, its most popular features, and tips for getting in on the action. It will also cover privacy settings as well as the role of advertising on Facebook.	Spanish
Fitness Apps	Think that fitness apps are only for athletes? This lecture covers many different types of fitness apps, whatever your health and wellness goals. We'll discuss apps that can help you track your nutrition and activity, plan your workouts, stay motivated and even get better sleep. You'll learn about the benefits of fitness apps and popular apps in each category.	Spanish
Food Delivery Apps	Ordering food from home is now easier than ever thanks to the internet. This lecture provides an overview of the most popular food delivery apps, such as Seamless. You'll learn about the pros and cons, how to search for new restaurants, and how to leave a tip and rating.	Spanish
Gardening Tech At a Glance	Do you want to improve your green thumb or just make gardening easier? Technology may be the answer. Join us in this introductory lecture to learn about different types of gardening tech. We'll go over some popular apps and explain their common features that will help you with everything from designing your garden to identifying plants and caring for them. You'll also learn about outdoor smart irrigation systems and sensors, as well as indoor gardening devices.	
Google Maps	Visit sites around the world from the comfort of your home, get a bird's-eye-view of your childhood neighborhood, or simply get directions to your friend's house! Google Maps is a mapping application that offers satellite imagery, street maps, and street-view perspectives. It also has a route planner for your preferred transportation method, be it foot, car, bicycle or public transportation. During this lecture, you'll get an introduction to the platform and a demonstration of how to use it.	Chinese Russian Spanish Vietnamese
Google Workspace	Curious about the free tools from Google? Learn about some of Google's most popular productivity tools that are for personal use, as well as work-related ones. This lecture will introduce Docs, Sheets, Slides, Photos, and Drive. We'll explore some practical and creative uses and demonstrate how to make the most out of Google's many free templates.	Chinese Russian Spanish Vietnamese
Graphic Design Tools	Looking for a creative outlet? Try your hand at one or more free, user-friendly, web-based graphic design tools! You can use these tools to create greeting cards, invitations, flyers, logos, and more. In this presentation, we'll explore the popular design platform, Canva, and demonstrate how you can get very creative with basic tools like Google Slides. We'll also take a look at Photoshop Express, the web-based, free version of Photoshop.	Spanish
How to Choose a New Computer	Looking for a new computer? This informational session addresses some of the most common questions surrounding how to choose a new computer: Where to start? What's a reliable brand? How much should you budget? What technical specifications? We will also cover operating systems and compare alternatives to the traditional computer, e.g. tablets and Chromebooks.	Chinese Russian Spanish Vietnamese
Instagram Basics	You've probably heard about Instagram; now come learn about this visually-oriented sharing platform and what makes it one of the most exciting of the social media apps. This lecture introduces some of Instagram's popular features and will show you what all the buzz is about.	Russian Spanish
Internet of Things at a Glance	This lecture provides an overview of the vast world of the Internet of Things and discusses best practices for keeping your devices secure. Learn about how consumer devices communicate with each other across this ecosystem and which of your devices are part of the Internet of Things. You'll also find out about the technology that is fueling smart homes and smart cities.	Russian Spanish
Intro to AI	Curious about AI? Want to know more about Chat GPT? This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how AI is being used today, what its current limitations are, and how it will shape the future!	Chinese Spanish Vietnamese
Intro to Booking Vacation Stays Online	Do you love to travel but miss the comforts of home when you're away? Thanks to a variety of websites and apps, you can find your perfect home away from home almost anywhere in the world! This lecture introduces popular vacation rental sites, their common features, and how to find great deals. Additionally, you'll learn how to choose your vacation rental wisely and stay safe while traveling. Need to travel on a budget? We'll also discuss alternatives to rentals, such as online platforms for home exchanges and housesitting!	Chinese
Intro to Chatting with AI	Curious about using ChatGPT or Gemini but not sure where to start? In this lecture, we'll explore tips for using generative AI chat programs so you can make them work for you. You'll learn how to write questions, or prompts, that are specific and effective at getting helpful responses. Whether you plan to use them at work, for personal projects, or just for fun, we'll show you how this tech can help you with all sorts of tasks. We'll also cover best practices for privacy and security so you can be a confident user.	Spanish
Intro to Digital Wallets	What item can you not leave home without? If you said your phone, this lecture is for you! If you said your wallet, you should probably come too! The digital wallets on our smartphones allow us to go about our daily lives without ever needing to pull out our actual wallets. In this presentation, we'll review the basic features of the most popular digital wallets: Apple Wallet and Google Wallet and talk about their many uses beyond purchases. We'll also discuss features/considerations for security and privacy.	Spanish



Program Title	Program Description	Additional Languages
Intro to Estate Planning Resources & Tools	Estate planning may sound intimidating or something that requires a lot of resources. Creating an estate plan just means making sure that your health, finances, and anything you own is handled according to your wishes. In this case, a simple plan is better than no plan! In this lecture, you'll get an overview of some common documents found in an estate plan. We'll also cover some free or low-cost resources and digital tools to help you get started with a simple estate plan.	
Intro to Gaming	Ready to level up? In this introduction to gaming we'll explore some of the basic concepts of video games and gaming. We'll review the benefits of gaming and take a look at some popular games and consoles, including Nintendo Switch, Xbox, and VR headsets. We'll also demonstrate where to find free games and start playing!	
Intro to Heart Rate Monitor Apps	Curious about your heart rate, but not ready to commit to a fitness tracker? There's an app for that! In this lecture we'll introduce several popular and free heart rate monitor apps. We'll review reasons why you might want to track your heart rate, as well as recommendations for physical activity and heart rate zones. Join us for this informative lecture and find out if heart rate monitoring apps are for you!	Chinese Vietnamese
Intro to Hosting on Zoom	Thinking about hosting your own Zoom meeting? In this introductory lecture, we'll go over what you need to start your first meeting, as well as some hosting tips to make it a success. You'll also learn about special features for hosts, including ways Zoom keeps your meetings secure. After this overview lecture, you'll be ready for our hands-on workshops "Getting Started with Zoom" and "Hosting a Zoom Meeting," which include step-by-step instructions.	Chinese Spanish
Intro to Learning Apps - Languages & The Arts	Lifelong learning is fun and offers many benefits! There are hundreds of apps out there for every type of learner, and all kinds of interests. This presentation will introduce you to apps that help you learn different languages, explore the arts and art history, and even show you how to play instruments. If you want to learn it, there's an app for that!	
Intro to Managing Your Privacy	Concerned about privacy? Unsure about accepting cookies? Come learn about some essential privacy tips! In this introductory lecture, we'll review how ads target us online, how to limit tracking, where to find browser settings and extensions to better control how our information is shared. We'll also discuss some of the key features of password managers and why they're a safe and secure option.	Chinese Spanish Vietnamese
Intro to Nextdoor	Getting to know your neighbors might not seem as easy as it used to be, but technology can help! Nextdoor is an app that connects people from nearby neighborhoods so they can communicate and build real-world connections. This presentation will introduce you to the most common uses for the app, its main features, along with some best practices for using it safely. From asking for recommendations, to finding out about local events or important news, Nextdoor can help you stay in the know in your neighborhood!	
Intro to Photo Editing Tools	Blurry vacation photos? Random people in the background? Come learn about photo editing tools and how they can enhance your photos! In this lecture, you'll get an overview of what photo editing tools can do as well as an introduction to easy-to-use photo editing apps. You'll be on your way to "photoshopping" with these popular free apps!	Chinese Spanish
Intro to Selling Online	Want to make some extra money? Online marketplaces make it easy to sell almost anything- from your vintage collectibles to handmade crafts! This lecture will introduce you to different online platforms for selling all kinds of items, including furniture, clothing, household items, and more! We'll also cover some tips and best practices for safely using these platforms so you can avoid scams and sell confidently!	Spanish
Intro to Sleep Technologies	Sleep troubles? What if tech could help you sleep? This lecture gives an overview of different devices and wearable technologies that track sleep patterns, monitor sleep disorders, and may even improve your sleep. You'll also learn about mindfulness apps that offer guided meditations and other ways to promote healthy sleep habits.	Chinese Vietnamese
Intro to Smartphone Photography	Interested in learning more about your smartphone camera? Come to this lecture to explore your smartphone's camera. We'll discuss common camera icons on Android and iPhone devices, simple editing tools, managing and sharing your photos, and editing date and location details on your phone. We'll also go over how to check your camera settings so that it can scan QR codes.	Chinese Spanish
Intro to Social Media	Social media sites make it easy to share content and connect with other people online. In this presentation you'll get a general Intro to social media and learn about some of the more popular social media sites like Facebook, X, and TikTok.	Spanish
Intro to TikTok	Think about clocks when you hear "tick tock?" Then this lecture is for you! TikTok is a social media platform where over 1 billion active users share short videos ranging from fun and silly, to informative and educational. This presentation will introduce you to TikTok, its rise to global popularity, and most common features, including privacy settings. You'll learn what kind of content exists on TikTok, how users interact, the basics for creating an account, and more!	Spanish
Intro to Translation Tools	With the internet, the whole world is at your fingertips, but what do you do when you need to access sites or information in an unfamiliar language? There are apps for that! This lecture will introduce digital translation tools and apps, such as Google Translate. You'll learn about tools that can automatically translate the websites you visit, apps that can translate live conversations, and more. We'll also discuss the pros and cons of these tools and the situations in which they may be the most helpful.	Chinese Spanish Vietnamese
Intro to X (formerly Twitter)	New owner, new look, new social media platform? In this introductory lecture, we'll learn about X, the platform formerly known as Twitter. X is still a popular source for on-the-ground, breaking news coverage, as well as updates from public figures and more. Come learn the basics from searching and following to posting and hashtags.	Spanish
Intro to Videos on Facebook	Curious about the videos you see on Facebook? Or maybe just looking for cat videos? In this lecture, you'll learn about the different types of videos you might come across on Facebook, where you can find them, and what makes a Story different from Reel!	
IoT: Entertainment	The Internet of Things (IoT) has changed the way we shop, watch TV, play video games, and even watch sports! This lecture will explore the many ways we interact with IoT on a day-to-day basis and take a look at how it's revolutionizing entire industries.	Chinese Spanish



Program Title	Program Description	Additional Languages
IoT: Healthcare	Interested in telehealth? Come learn how the medical industry is embracing the Internet of Things (IoT) technology to treat patients remotely. We'll explore cutting-edge devices from smart hearing aids to ingestible sensors, as well as popular telehealth apps!	Chinese Spanish Vietnamese
IoT: Smart Cities	The city of the future is here! Come learn how the Internet of Things (IoT) technology is being integrated into even the most essential functions of cities across the globe. Smart cities are improving things like public transportation, connectivity, power supply, sanitation, and waste management. If you've ever used an app to find or pay for parking, check for traffic updates, or be civically engaged, then you may already live in a smart city! Join us to explore the cities of the future.	Chinese Russian Spanish
IoT: Smart Homes	Come learn how the Internet of Things (IoT) technology is transforming homes everywhere! Control your lights, temperature, and even household appliances with a tap on your smartphone. These smart devices are more than just gadgets. They can help save you time and money, and even give you greater peace of mind.	Chinese Spanish
IoT: Wearables	From fitness trackers to smart glasses, wearable technology is here to stay! Whether you're a tech enthusiast or a tech newbie, there's something for everyone. Come to this lecture to learn about the health, wellness, and personal safety benefits of wearable technology.	Chinese Spanish Vietnamese
iPhones	If you're curious about what an iPhone can do and why it's so popular, come to this lecture. You'll learn about the latest iPhone, its features and what to consider if you're thinking of buying one. Please note this lecture will not teach you how to use your iPhone--ask about our Tech Talks if you need assistance with your iPhone.	Chinese Russian Spanish
Is that AI?	With the advances in artificial intelligence technology, AI programs can now create ultra-realistic images and videos. At first sight, it may be hard to tell if what you see was created or altered by AI. In this session, we'll teach you tips and tools to help you determine if an image was generated by AI. We'll show you how to do a reverse image search to find out the internet history of any image you find online. While we can't definitively tell whether an image is AI, these tools will make you a tech savvy internet user.	Chinese Spanish
Job Searching in the Digital Age	Interested in getting back into the workforce? Curious about the new "gig" economy? This lecture will provide an overview of how to use social media in your job search, demonstrate digital job searching tools like LinkedIn, and offer tips and advice to job seekers. You'll also learn about new opportunities for freelance work and how you can supplement your income in innovative ways	
Meal Kit Services	"So, what's for dinner?" Some people use subscription-based meal kit services to answer that question for them. It's as simple as using a website or app to select meals on a weekly basis that get delivered fresh to your door! In this presentation, we'll introduce you to some of the most popular meal kit services and their features. We'll discuss the pros and cons so that you can decide if they're for you.	
Meetup	This lecture introduces Meetup, a popular online platform for finding social groups and events all over the world. Meetup allows users to meet new people, share hobbies, and pursue their passions together in-person, and virtually. In this lecture, you'll also learn about finding and starting groups on the platform.	
Messaging Apps	Text messaging has become one of the primary ways we communicate. But did you know that you can send texts over the internet? Learn about the most popular messaging apps that allow you to send texts for free when connected to WiFi. The lecture will go over the features of three widely-used apps: iMessages, Google Chat, and WhatsApp. You'll learn about sending texts and pictures, making voice and video calls, and how these apps keep your messages secure.	Chinese Haitian Creole Russian Spanish
Mindfulness Apps	Mindfulness is the ability to be fully present and aware. You can practice mindfulness through simple activities. This lecture introduces mindfulness and its physical and mental benefits, such as reducing anxiety, improving memory, and lowering blood pressure. You'll learn about popular apps that teach breathing and meditation techniques, as well as new technology like wearable breath monitors and smart yoga mats.	Spanish
Mobile Health Apps	Did you know that your smartphone is also a powerful health tool? This lecture introduces common health apps, like the iPhone's built-in app and the Google Fit app. You'll learn about using the app's step counter, as well as integrating information from other popular health and fitness apps. You'll also learn the benefits of saving your medical ID.	Chinese Spanish
MyChart	Has your doctor or healthcare provider ever mentioned MyChart? Come learn about this electronic health-record portal that works both in a web browser and app. We'll go over how MyChart can help you keep all your health information in one place, communicate with your providers, and have a virtual visit. You'll also learn about the portal's privacy and security features.	Spanish
Online Health Resources at a Glance	The internet can be an excellent source for learning more about your or a loved one's health. This presentation will introduce you to the topics and tools offered on two reputable websites, MedlinePlus and Mayo Clinic. You'll also learn how to evaluate health-related information online.	Spanish
Online RX Drug Resources	This lecture offers an overview of useful online drug resources. You'll learn about MedlinePlus, a reputable website that provides information about the uses and side effects of prescription medications, as well as other health topics. You'll also learn about GoodRX, FamilyWize, and SingleCare, helpful tools for understanding drug costs, comparing pharmacy prices, and finding discounts and coupons.	Spanish
Online Shopping	Online shopping lets you buy products on the internet from your computer and have them shipped to your home or anywhere! Online stores often have larger inventories and lower prices, so you can quickly find the best deal. This lecture will provide a general introduction to shopping online using the popular website Amazon.com. You'll learn how to search for products, make comparisons, and add items to an online shopping cart.	Chinese Russian Spanish Vietnamese
Online Tools for Contacting Your Lawmakers	Learn how online tools can help you stay informed and get your voice heard. We'll review several non-partisan websites that can help you identify your elected officials, find their contact information, understand how they vote on bills, and tell them what you think about important issues.	
Online Travel Sites	Learn the basics of using online travel sites to find the best fares and rates for just about any destination. We'll take a look at some of the most common online travel sites and their most popular features. We will also cover tips for booking your travels online, from flights to rental cars and more!	Spanish



Program Title	Program Description	Additional Languages
P2P Payments	Since PayPal debuted over twenty years ago, person-to-person payments have become commonplace. In this lecture, you'll learn about some of today's most popular P2P payment services, including PayPal, Venmo, and CashApp. We'll cover some of the basic functions of these services, how they compare, and tips for using them safely.	Chinese Spanish Vietnamese
Podcasts at a Glance	Podcasts are an increasingly popular form of entertainment and a great source of information on all kinds of topics. In this lecture, you'll learn more about these audio programs available on the internet: why people listen to them, where you can find them, and what the most popular ones are.	Spanish
Protecting Your Personal Information Online	This presentation will cover the ins and outs of how to protect your personal information online. We'll cover tips for staying safe in cyberspace, like safe browsing, how to recognize online scams, and when it's OK — or not — to share your personal information online.	Chinese Russian Spanish Vietnamese
Reddit at a Glance	Do you have a question no one's been able to answer or a unique hobby you want to talk about? Reddit might be the place for you! In this lecture, you'll learn about Reddit, an online community that's great for posting questions, finding others with similar interests, discovering the latest funny memes and more! We'll cover some common Reddit terms, finding subreddits (Reddit's interest groups), and best practices for a safe, fun, and useful Reddit experience.	
Ridesharing Apps	Apps have changed the way many people get around! This presentation will explore ride sharing apps, which are also known as e-hailing apps. Learn about the two most popular apps — Uber and Lyft — and the pros and cons of them both.	Haitian Creole Spanish
Saving Money with Tech	The internet can open a new world for saving money and managing your finances. This lecture introduces online banking and goes over how to keep your financial information safe. You'll also learn about online shopping and explore some digital resources for saving money on entertainment, prescription drugs, and everyday items.	Spanish
Smartphone Camera Uses Beyond Photography	Join us to learn about additional ways you can use your smartphone's camera beyond photography! We'll explore a variety of fun and useful features made possible by apps, such as scanning QR codes, translating text, measuring objects, and even using augmented reality. We'll also cover considerations for choosing apps and reviewing their privacy and data practices.	Chinese Spanish
Smartphones at a Glance	If you're curious about what smartphones can do and why they've grown so popular, come to this introductory lecture. You'll learn about popular smartphones on the market and some of their pros and cons. We'll also compare and contrast two of the most popular operating systems: Android and Apple's iOS.	Chinese Haitian Creole Spanish Vietnamese
Social Media for Job Searches	Did you know that not having any social media could be a red flag for potential employers? In this lecture, we'll discuss ways to make sure social media helps you when you're looking for work! We'll review the best platforms for professional use, as well as which platforms are best kept private and for personal use. Lastly, we'll demonstrate which privacy settings to use to keep your personal content private.	
Spotify	Spotify is a great digital music service for enjoying millions of songs, podcasts, and videos for free! In this lecture, you'll learn about Spotify's important features, including how to search for songs and create your own playlists. You'll also learn how to follow your friends and the artists you love.	Spanish
Streaming & Smart TVs	Every day, more and more people are "cutting the cord" and canceling their cable subscriptions. Instead, they're using free or low-cost streaming services like YouTube, Netflix, and Hulu to watch their favorite shows and movies online. This presentation will introduce streaming: what it is, how to use it, and the variety of content available. You'll also learn how to watch live TV without cable and how smart TVs and streaming devices can let you watch videos from the Internet on your television.	Chinese Spanish Vietnamese
Tech Tips for Disaster Preparedness	Did you know that technology is an essential part of being prepared for emergencies and natural disasters? In this session, we'll explain how technology can help you prepare. We'll discuss and demonstrate useful features of the FEMA and Red Cross apps, including setting alerts. Additionally, we'll review built-in smartphone features that can come in handy in the event of an emergency and explore how to keep phones and essential devices charged during a prolonged power outage. Finally, we'll discuss how you can use social media to get emergency and other important information from local and national authorities.	Spanish
Telemedicine	Interested in having a virtual visit with your doctor? Or learning about types of telemedicine out there? This lecture provides an overview of telemedicine options and focuses on exploring virtual medical appointments with your doctor in real-time. You'll see a virtual-visit walk-through and learn what to expect from an appointment. This lecture offers advice about how best to prepare for a virtual visit, from questions to ask your doctor to your concerns regarding connectivity, privacy, and insurance.	Chinese Spanish
Tips for Being News Savvy Online (formerly "How to Spot Fake News")	Sharing the news with others? In the digital age, anyone can publish anything on the internet, even if it's completely false. This lecture will explain the way technology has made it easier to create and spread misinformation. We'll discuss tools to evaluate news sources and review helpful fact-checking sites. You'll learn why it's important to read and check your sources before sharing!	Spanish
Understanding Bluetooth	Do you use Bluetooth devices? Not sure? Come to this lecture to find out! We'll explain Bluetooth technology, how it works, and the way it impacts everyday life. We'll also give you some helpful tips for pairing devices and troubleshooting connectivity issues so you can benefit from all that Bluetooth has to offer!	Spanish
Understanding Internet Plans	In this session, we'll break down the different parts of a home internet plan so that you can choose the best option for your household. We'll go over important terminology, from hotspot to bandwidth. You'll learn about the best internet speeds for different kinds of activities, from emailing to gaming. We'll also discuss tips for talking with Internet Service Providers (ISPs) and for saving money on your bill.	Spanish
Using Google Docs Templates for Resumes	In this lecture, we'll demonstrate how to make the most of Google Docs templates for resumes. Templates are a great option for resumes because they take the guesswork out of formatting! We'll review some of the helpful features of Google Docs, like sharing, reviewing, and commenting privileges, as well as how to save and share your doc as a PDF. Finally, we'll go over some dos and don'ts for resume content.	



Program Title	Program Description	Additional Languages
Video Chat	Video chat apps are a way to connect with family, friends, coworkers, and others, no matter where you are. They let you see the people you're chatting with on the other end of the line. In this lecture, you'll find out about some commonly-used, no or low-cost video chat apps, learn about their features, and explore video chat tips so you can present your best self when on a video chat	Chinese Spanish
Virtual Activism Against Racism and Police Brutality	Movements to end systemic violence and police brutality against the Black community are gaining momentum thanks to the spread of mass protests and to online organizing and support efforts. This lecture will introduce digital tools that can help you support racial justice. From harnessing the power of social media to signing online petitions, you can virtually speak out and support the causes that are important to you. The lecture will also discuss how to contact elected officials electronically and confirm your voter registration status.	
Virtual Museum Tours	Tour world famous museums from the comfort of your home! Did you know many of the world's leading museums have been making their collections and exhibits available to view virtually? In this lecture we'll explore some of these virtual galleries, as well as digital tools that help bring art, architecture, and history to life!	Chinese Spanish
Virtual Reality at a Glance	Virtual reality technology is quickly growing in popularity and expanding across multiple industries. This lecture will explain what it is, how it works, and introduce a few of the most popular VR devices. We will also cover some exciting VR games, programs and apps that can help you exercise, explore the world, connect with others, and have fun!	Spanish
Voice Assistants	Voice assistants are no longer just on your phone! Amazon's Alexa and the Google Home can do everything from playing music to ordering your Uber, from giving news briefs to turning on the lights. Learn about the many devices, current uses, and future implications of this exciting technology.	Chinese Spanish
Website Builders at a Glance	Want to make your own website? Come to this lecture to learn about user-friendly website builders and how they can help you create professional-looking websites even as a beginner. We'll explore how website builders work, highlight their common features, and share a few popular examples. You'll also learn practical tips for getting started, from choosing the right platform to planning your site and finding additional support.	
YouTube	You may associate YouTube with silly videos of cats, but it's much more than that. Every day, people around the world watch more than 1 billion hours of video, including classic movies, how-to videos, news clips, and more. This presentation will give an overview of the free content available on YouTube and show you how to navigate the site with ease. You'll also get tips for viewing and sharing others' videos and learn about uploading your own.	Chinese Russian Spanish Vietnamese

