

## **Lifelong Learning Program**

1516 Dunton Tower, Carleton University 1125 Colonel By Dr. Ottawa, ON K1S 5B6 613-520-3699 <u>carleton.ca/lifelong</u>

## Thriving in the Digital World: Taking Control of Your Tech

Lecturer: Adrian Cho

We live in an increasingly digital world. Even if you work and play outside of the digital domain, the Internet, computers, and digital gadgets are becoming more unavoidable each day. Electronic tools and toys can make our lives easier, productive, and more fun. However, they can also be a source of frustration, confusion, and wasted time and money. In this mini-series, join LLeaP lecturer Adrian Cho to learn how to make the most of the digital world, and how to use tech tools to your advantage while avoiding traps and pitfalls. Adrian's extensive knowledge, conversational style, and responsiveness to questions have been appreciated by participants, whether his topic is technology, learning, music, photography, or creativity.

Are you *thriving*, or just *surviving* in the digital world? This series will provide a unique insider perspective on the tech world and will cover both essential and fundamental topics such as:

- Claiming and maintaining your digital identity free of any company or system
- Staying safe from hackers, trolls, scammers, spammers, and other bad actors
- Selecting and using hardware, software, and gadgets as effective tools

and more advanced topics such as:

- Taking control of your technology with workflows, automation, and integrations
- Creating and publishing digital content through social media and live-streaming

Although we'll talk about and demonstrate many different tools in this course, the focus won't be so much on showing you how to use product X (you can get that kind of information in many places) but rather to help you come away with:

- A fundamental understanding of how all this tech works (what happens behind the scenes)
- Tips that will save you time and frustration
- Understanding of potential pitfalls and how to avoid them

and, most importantly: the knowledge and confidence to continue your journey in the tech world with independence.

The precise coverage of topics will also depend on input from participants.