

**UTAH EDUCATION NETWORK**

[www.uen.org](http://www.uen.org)

# **Lifelong Learners Have More Fun**

**SPEAKING OF WOMEN'S HEALTH CONFERENCE**

**Laura Hunter**

Pursue your passion for learning with the latest tech gadgets, resources, and TEN STRATEGIES for Lifelong Learning.

### 1. Read

Visit the public library in person or online. You can find full text magazine articles, medical information, and online encyclopedias for all age levels. Libraries also sponsor guest speakers, book clubs and author events free to the public.

Pioneer, Utah's Free Online Library

<http://pioneer-library.org/>

Username: pioneer

Password: salt

KUED Program Book Club (monthly PBS book club)

<http://www.kued.org/programclub/>

Utah State Library (library resources and directory)

<http://library.utah.gov/>

Salt Lake County Library (audio eBooks available)

<http://www.slco.lib.ut.us/>

Salt Lake City Library (many guest lectures and programs)

<http://www.slcppl.lib.ut.us/>

Directory of all Utah Libraries

<http://library.utah.gov/directory/index.htm#>

## 2. Move

MP3 players are projected to be the #1 Christmas present this year. Digital audio is an inexpensive and effective exercise motivator help keep you moving. For under \$100 you can have an MP3 player loaded with your favorite tunes, books, speeches, stories, news programs, even exercise coaches. Accessories such as belt clips, arm bands, and FM receivers help keep you mobile. Podcasts are audio files saved in MP3 format just like music.

How MP3 Players Work (informative article for first time buyers)

<http://electronics.howstuffworks.com/mp3-player.htm/printable>

iTunes (music and Podcasts; most Podcasts are free)

<http://www.apple.com/itunes/>

MP3 Gym (download audio files for weight training)

<http://www.mp3gym.com/>

Inside Utah (free 30 minute weekly Podcast with Utah news)

<http://www.insideutah.com/>

Salt Lake County eAudio Books (doesn't work on iPod)

<http://www.slco.lib.ut.us/index.htm>

### **3. Explore**

Using a Global Positioning System (GPS) technology and GeoCaching.com, you can turn your usual walks into treasure hunts for the entire family. Also check out Google Earth for a new way to see the world.

GeoCaching.com

<http://www.geocaching.com/>

What is GPS article for beginners

<http://www.garmin.com/aboutGPS/>

Geocaching Product Guide from Garmin

<http://www.garmin.com/outdoor/geocaching/units.html>

Google Earth (satellite navigation for the Internet, free download)

<http://earth.google.com/index.html>

#### **4. Give**

Sharing your own talents and resources provides as much benefit to the giver. Try dialing 211 for local opportunities, or visit [volunteermatch.org](http://volunteermatch.org) and enter your zip code to match your talents with organizations in need. You can share your knowledge by contributing to Wikipedia, an online encyclopedia in 10 languages with over 2 million articles.

Volunteer Match

<http://www.volunteermatch.org/>

211 (phone service for community involvement from United Way and Alliance of Information Referral Systems)

<http://www.211.org/>

Wikipedia

<http://www.wikipedia.org/>

## **5. Learn**

Using Internet and TV you can take college classes at home, on your own schedule. Adult Learning opportunities in Utah range from High School Completion to advanced degrees. Utah Mentor is a great college advising site to help beginning or returning students. Distance learning classrooms are available in most Utah high schools and all colleges and universities.

UEN Adult Education

[http://www.uen.org/adult\\_ed/](http://www.uen.org/adult_ed/)

Utah Schools

<http://www.uen.org/community/schools.shtml>

Utah Electronic College

<https://www.uec.org/>

Utah Mentor

<http://www.utahmentor.org/>

## **6. Watch**

Many believe TV viewing is passive, but recent brain research says that active viewers actually increase their brain power. After watching the program, do an activity or have a discussion to engage your brain and extend your learning. UEN-TV and KUED have lifelong learning programs, and many are now available on demand for Comcast subscribers. Using TiVO or other Digital Video Recorder you can record TV programs either on a storage device or create your own DVD's. It's also handy for speeding past commercials!

KUED Channel 7

<http://www.kued.org/>

UEN-TV Channel 9

<http://www.uen.org/tv/>

TiVO (digital video recorder)

<http://www.tivo.com>

## **7. Create**

Build your own media scrapbook using digital pictures, music, and captions you create. If you're a Mac user, try iLife, and if you're a Windows user, you can download PhotoStory3 for free.

PhotoStory3 (for PC's, free but must have Windows XP or later operating system)

<http://www.microsoft.com/windowsxp/using/digitalphotography/photostory/default.aspx>

iLife (for Mac)

<http://www.apple.com/ilife/>

Top Digital Cameras (reviewed by CNET October 20, 2005)

[http://reviews.cnet.com/Digital\\_cameras/4521-6530\\_7-5021301-1.html?tag=dir](http://reviews.cnet.com/Digital_cameras/4521-6530_7-5021301-1.html?tag=dir)

## 8. Write

Build your own online journal Web Log (Blog) or try portable writing with an Alpha smart or Dana portable keyboard. Writing builds creativity and brain power – everyone has a story to tell.

Blogger

<http://www.blogger.com/start>

Dooce by Heather B. Armstrong

<http://www.dooce.com/>

## **9. Teach**

Women play a key teaching role for the younger generation. Using the UEN.org web site, parents can locate learning games, recommended books, web sites, homework help, and teacher-developed lesson ideas for all areas of the Utah Core Curriculum.

Utah Education Network

<http://www.uen.org/>

Utah Core Curriculum (standards, lesson plans, links)

<http://www.uen.org/core/>

Student Interactives for K-2 (Internet learning games)

<http://www.uen.org/k-2interactives/index.shtml>

Student Interactives for 3-6 (Internet learning games)

<http://www.uen.org/3-6interactives/index.shtml>

Parent Resources

<http://www.uen.org/community/parents.shtml>

## 10. Protect

Be safe online and in life. Netsmartz is a great resource from the Utah Attorney General's Office and National Center for Missing and Exploited Children designed to protect kids by educating them about Internet safety. The American Red Cross recommends you ICE your cell phone by keying an "In Case of Emergency" contact in your cell phone list. This program was started in Britain and is gaining in popularity with emergency workers throughout the U.S.

### Netsmartz Internet Safety

<http://www.netsmartz.org/>

### ICE Advice

Make sure the person whose name and number you are giving has agreed to be your ICE partner;

Make sure your ICE partner has a list of people they should contact on your behalf – including your place of work;

Make sure your ICE partner's number is one that's easy to contact, for example a home number could be useless in an emergency if the person works full time;




Make sure your ICE partner knows about any medical conditions that could affect your emergency treatment – for example allergies or current medication; and

Make sure if you are under 18, your ICE partner is either your mother or father or an immediate member of your family authorized to make decisions on your behalf—for example, if you need a life-or-death operation.

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### MP3 Players

 <b>Green Circle</b>	iPod Shuffle/Rio Forge	99 / 170
 <b>Blue Square</b>	iPod Nano 4G/iPod Mini	249 / 249
 <b>Black Diamond</b>	iPod Video 60G	399

CNET, Apple.com, Wired Magazine February 2005

### GPS Handheld Units




 <b>Green Circle</b>	Garmin eTrex Venture	149
 <b>Blue Square</b>	Garmin eTrex Legend C	375
 <b>Black Diamond</b>	Magellan eXplorist 600	450

Wired Magazine, July 2005

Just for fun – PopGadget.net




<http://www.popgadget.net/>

Digital Video Recorders

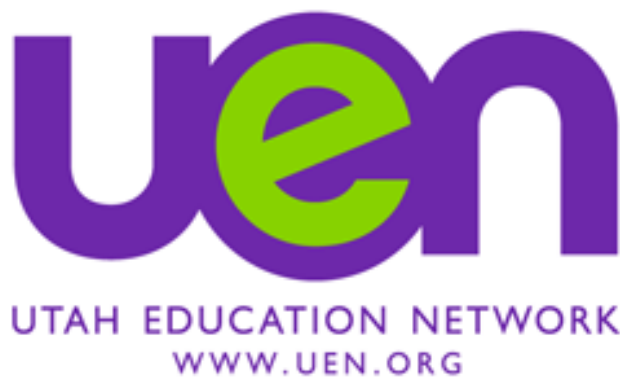
 <b>Green Circle</b>	Comcast/Motorola DCT6208 (80 gig, no DVD burning, HD)	10-13/month with Comcast subscription
 <b>Blue Square</b>	TiVO Series2 DVR (80 gig, no DVD burning)	299 + 13/month
 <b>Black Diamond</b>	Pioneer DVR-810H (80 gig, burns DVD)	499 + 13/month

Wired Magazine, February 2005

Digital Cameras

 <b>Green Circle</b>	Canon Powershot A85 (4 megapixel)	299
 <b>Blue Square</b>	Nikon CoolPix 5200 (5.1 megapixel)	500
 <b>Black Diamond</b>	Sony Cyber-Shot DSC-V3 (7 megapixel)	700

Wired Magazine, February 2005



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