

Appendix A

OASIS Connections Assessments

Attached are samples of the assessments completed by the participants. The table below describes when each assessment was completed.

	Training group				Control group (Waitlist)		
	Before first class	After Intro to computer	After Intro to Internet	3 mos post training	Before first class	After Intro to Internet	3 mos post training
Demographics	X				X		
Self-efficacy scale	X		X	X	X	X	X
Computer attitudes	X		X	X	X	X	X
Technology experience	X			X	X		X
Knowledge test: - Intro to Computers	X	X			X	X	
Course evaluation: - Intro to Computers		X					
Skill review task: - Intro to Computers		X					
Knowledge test: - Intro to Internet	X		X		X	X	
Course evaluation: - Intro to Internet			X				
Skill review task: - Intro to Internet			X				

Please answer the following questions. All of your answers will be treated confidentially. Any published document regarding these answers will not identify individuals with their answers. **If there is a question you do not wish to answer, please leave it blank and go on to the next question.** Thank you in advance for your help.

Part 1: Demographics

Gender: Male ₁ Female ₂ Date of Birth: ___ ___ / ___ ___ / ___ ___ Age: _____

1. What is your highest level of education?

- ₁ No formal education
- ₂ High school graduate/GED
- ₃ Some college
- ₄ Bachelor's degree (BA, BS)
- ₅ Graduate degree (or other post-graduate training)

2. How would you describe your primary racial group?

- ₁ Hispanic/Latino
- ₂ White/Caucasian
- ₃ Black/African American
- ₄ Asian
- ₅ American Indian/Alaska Native
- ₆ Native Hawaiian/Pacific Islander
- ₇ Multi-racial
- ₈ Other (please specify) _____

3. Including yourself, how many people currently live in your household?

- ₁ One ₂ Two ₃ Three or more

4. Is English your primary language?

- ₁ Yes ₂ No

4a. If "No", what is your primary language? _____

5. Which category best describes your yearly household income? Do not give the dollar amount, just check the category:

- ₁ Less than \$5,000
- ₂ \$5,000 - \$9,999
- ₃ \$10,000 - \$14,999
- ₄ \$15,000 - \$19,999
- ₅ \$20,000 - \$29,999
- ₆ \$30,000 - \$39,999
- ₇ \$40,000 - \$49,999
- ₈ \$50,000 - \$59,999
- ₉ \$60,000 - \$69,999
- ₁₀ \$70,000 - \$99,999
- ₁₁ \$100,000 or more
- ₁₂ Do not know for certain
- ₁₃ Do not wish to answer

6. What is your primary occupational status? (Check one)

- ₁ Work full-time
- ₂ Work part-time
- ₃ Student
- ₄ Homemaker
- ₅ Retired
- ₆ Volunteer worker
- ₇ Seeking employment, laid off, etc.
- ₈ Other (please specify) _____

If retired:

7. What was your primary occupation? _____

8. What year did you retire? _____

Health Information

9. How would you rate your health?

- ₁ Poor
- ₂ Fair
- ₃ Good
- ₄ Very good
- ₅ Excellent

10. Do you currently provide caregiving to a friend or family member who needs assistance?

- ₁ Yes
- ₂ No

Part 2: Self-Efficacy

Think of how things have been going for you this month and mark how strongly you agree or disagree with each of the statements below.

Please mark your response to each question with an "X".	Strongly agree ₁	Agree ₂	Disagree ₃	Strongly disagree ₄
1. Keeping healthy: This month I have been feeling that this depends on things that I can do.				
2. Getting transportation when I want it: This month I have been feeling that it is up to me to do this.				
3. Having good relationships with my family: This month I have been feeling that I cannot have the relationships with my family that I want.				
4. My financial situation: This month I have been feeling that I could make it better if I wanted to.				
5. Safety: This month I have been feeling that there are things I could do to make myself feel safe.				
6. Having good relationships with my friends: This month I have been feeling that I cannot have the relationships that I want with my friends.				
7. My living arrangements: This month I have been feeling that I do not have enough control over how good they are.				
8. Being productive: This month I have been feeling that I cannot be as productive as I want to.				

Part 3: Computer Attitudes

Please answer all questions by marking an "X" on your response.	Strongly agree ₁	Agree ₂	Neither agree nor disagree ₃	Disagree ₄	Strongly Disagree ₅
1. I feel comfortable with computers.					
2. Learning about computers is a worthwhile and necessary subject.					
3. Reading or hearing about computers would be (is) boring.					
4. I know that if I worked hard to learn about computers, I could do well.					
5. Computers make me nervous.					
6. I don't care to know more about computers.					
7. Computers would be (are) fun to use.					
8. I don't feel confident about my ability to use a computer.					
9. Computers are not too complicated for me to understand.					
10. I think I am the kind of person who would learn to use a computer well.					
11. I think I am capable of learning to use a computer.					
12. Learning about computers is a waste of time.					
13. Computers are confusing.					
14. Computers make me feel dumb.					
15. Given a little time and training, I know I could learn to use a computer.					

Note: This page shows how the Attitude Survey (previous page) was scored – including the subscales and whether the Likert scale was reversed. This page was not presented to participants.	Subscale	Reverse
1. I feel comfortable with computers.	Comfort	√
2. Learning about computers is a worthwhile and necessary subject.	Interest	√
3. Reading or hearing about computers would be (is) boring.	Interest	
4. I know that if I worked hard to learn about computers, I could do well.	Efficacy	√
5. Computers make me nervous.	Comfort	
6. I don't care to know more about computers.	Interest	
7. Computers would be (are) fun to use.	Interest	√
8. I don't feel confident about my ability to use a computer.	Comfort	
9. Computers are not too complicated for me to understand.	Efficacy	√
10. I think I am the kind of person who would learn to use a computer well.	Efficacy	√
11. I think I am capable of learning to use a computer.	Efficacy	√
12. Learning about computers is a waste of time.	Interest	
13. Computers are confusing.	Comfort	
14. Computers make me feel dumb.	Comfort	
15. Given a little time and training, I know I could learn to use a computer.	Efficacy	√

16. Why do you want to learn to use a computer and the Internet? (Check all that apply)

- ₁ So I can communicate with my family (for example, send e-mail)
- ₂ Because I need to use it for my job
- ₃ So I can shop on-line
- ₄ Because it will help me find a job
- ₅ To meet new people (for example, join a social networking group)
- ₆ Because all of my friends use computer and Internet
- ₇ To learn something new
- ₈ To be able to get health information
- ₉ So I can play games
- ₁₀ So I can take on-line courses
- ₁₁ To be able to get the news
- ₁₂ Because I need to be able to access government services and programs (for example, Medicare, Social Security)
- ₁₃ Because everything seems to be "on-line"
- ₁₄ To be able to do banking and pay my bills
- ₁₅ Other (specify) _____
- ₁₆ Other (specify) _____
- ₁₇ Other (specify) _____

Part 4: Technology and Internet Experience

The purpose of this set of questions is to assess your familiarity and experience with technology. Please answer all questions by marking an "X" on your response.

1. Within the last year, please indicate how much you have used the technologies below.

	Not sure what it is ₁	Never used ₂	Used once ₃	Used occasionally ₄	Used frequently ₅
1. Answering machine					
2. Automatic airport check-in station					
3. Automatic parking payment station					
4. Automated telephone menu system					
5. Automatic teller machine (ATM)					
6. Automatic ticket purchase station					
7. Books on tape or CD					
8. Cell phone					
9. Computer/Video game (e.g., Gameboy, PlayStation, Nintendo, Wii, XBox)					
10. Cruise control in your car					
11. Digital photography (e.g., camera, camcorder)					
12. Drive-through banking					
13. Email					
14. Fax machine					
15. Fitness device (e.g., pedometer, pulse meter, treadmill)					
16. Home security system					
17. In-car navigation system (e.g., GPS, OnStar)					
18. In-store automated kiosk (e.g., self-checkout, price scanner, item locator)					

	Not sure what it is ₁	Never used ₂	Used once ₃	Used occasionally ₄	Used frequently ₅
19. Kindle					
20. Microwave oven					
21. MP3/iPod music player					
22. Personal computer (PC)					
23. Personal digital assistant (PDA)					
24. Programmable devices (e.g., lights, thermostat, sprinkler, programmable coffee maker or food processor)					
25. Recording and playback device (e.g., CD, DVD, VCR)					
26. Remote control to start the car					
27. Telephone					
28. Travel direction/map software (e.g., Google maps, MapQuest)					
29. TV set-top box (e.g., program TV, pay-per-view movies, music stations, TiVo)					
30. Videophone					

2. Do you have access to a computer?

₁ Yes

₂ No

2.1. If "Yes", where do you use a computer? (Check all that apply)

₁ At home

₂ At a friend or relative's house

₃ At work

₄ At a public library

₅ At a community center

₆ At an OASIS center

₇ Other (specify): _____

3. Have you had experience with computers?

- ₁ Yes
- ₂ No (Skip the rest of the questionnaire)

4. About how many hours a week do you use the computer?

- ₁ Less than one hour a week
- ₂ Between 1 hour and 5 hours a week
- ₃ Between 6 hours and 10 hours a week
- ₄ More than 10 hours a week

5. How long have you been using the computer?

- ₁ Less than 6 months
- ₂ Between 6 months and 1 year
- ₃ More than 1 year, but less than 3 years
- ₄ More than 3 years, but less than 5 years
- ₅ More than 5 years

6. For each computer input device listed below, please indicate how much experience you have had with the device in the past year.

	Not sure what it is ₁	Never used ₂	Used once ₃	Used occasionally ₄	Used frequently ₅
1. Joystick					
2. Keyboard					
3. Mouse					
4. Speech recognition system					
5. Touch screen					
6. Trackball					

7. For each item listed below, please indicate how much experience you have had with the item in the past year.

	Not sure what it is ₁	Never used ₂	Used once ₃	Used occasionally ₄	Used frequently ₅
1. Apple (Macintosh) computer					
2. CD/DVD creation software					
3. Conferencing software					
4. Email					
5. Home computer network (e.g., wire or wireless)					
6. Instant messaging					
7. Internet phone					
8. Presentation software (e.g., PowerPoint)					

	Not sure what it is ₁	Never used ₂	Used once ₃	Used occasionally ₄	Used frequently ₅
9. Spreadsheet (e.g., Excel)					
10. Windows operating system					
11. Word processing (e.g., Microsoft Word, WordPerfect)					

Internet Questions

The purpose of this set of questions is to assess your familiarity and experience with the Internet. Please answer all questions by placing a check mark on or filling in your response.

1. Do you have access to the Internet?

- ₁ Yes
₂ No

1.1. If "Yes", where do you use the Internet? (Check all that apply)

- ₁ At home
₂ At a friend or relative's house
₃ At work
₄ At a public library
₅ At a community center
₆ At an OASIS center
₇ Other (specify): _____

2. Do you have broadband or high-speed Internet access at home?

- ₁ Yes
₂ No

3. About how many hours a week do you use the Internet?

- ₁ Never (Skip the rest of the questionnaire)
₂ Less than one hour a week
₃ Between 1 hour and 5 hours a week
₄ Between 6 hours and 10 hours a week
₅ More than 10 hours a week

4. How long have you been using the Internet?

- ₁ Less than 6 months
₂ Between 6 months and 1 year
₃ More than 1 year, but less than 3 years
₄ More than 3 years, but less than 5 years
₅ More than 5 years

5. How often have you have done the following activities using the Internet in the past year?

	Never used ₁	Used once ₂	Used occasionally ₃	Used frequently ₄
1. Banking/Money management (e.g., pay bills online, buy or sell stocks)				
2. Communication (e.g., email, instant messaging, blog, twitter)				
3. Community information (e.g., find information about community events or religious services)				
4. Education (e.g., participate in online degree or training program, search for information about educational courses or materials, use instructional software)				
5. Employment (e.g., post resume or search for information about employment)				
6. Entertainment (e.g., buy tickets, find information about shows, events or hobbies)				
7. Government (e.g., download government forms, find information about benefits and programs)				
8. Health (e.g., find information about an illness or order medication or health product)				
9. News (e.g., find information about the weather, read the newspaper)				
10. Shopping (e.g., buy clothes, search for product information)				
11. Travel (e.g., make reservations, search for maps or travel information)				

Part 5: Introduction to Computers Knowledge







The purpose of this set of questions is to assess your knowledge of some of the information that is covered in this course.

If you do not know the answer, please mark the Don't know box.

1. Below are some symbols that you might encounter while working with Windows. Please write the appropriate meaning next to them.

<p>a. _____</p> <p><input type="checkbox"/> Don't know</p>	<p>-----></p> <div style="display: inline-block; border: 1px solid black; padding: 2px;"> <div style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; margin-right: 5px;"></div> <div style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; margin-right: 5px; margin-left: 5px;"></div> <div style="display: inline-block; width: 15px; height: 15px; border: 1px solid black; margin-left: 5px; text-align: center; vertical-align: middle;">X</div> </div> <p><-----</p>	<p>b. _____</p> <p><input type="checkbox"/> Don't know</p>
	<p>c. _____</p> <p><input type="checkbox"/> Don't know</p>	

2. Below are some symbols from Microsoft Word. Please write the meaning next to each symbol.

Symbol	Meaning	Don't know
	_____	<input type="checkbox"/>
	_____	<input type="checkbox"/>
	_____	<input type="checkbox"/>
	_____	<input type="checkbox"/>
	_____	<input type="checkbox"/>
	_____	<input type="checkbox"/>

3. For each term below, write the letter of the definition in the space next to the term.

Don't know	Term	Definitions
<input type="checkbox"/>	1. Taskbar _____	a. Provides shortcuts to menu commands; usually located just below the Menu bar
<input type="checkbox"/>	2. Desktop _____	b. A place where you store files to keep them organized and easy to find
<input type="checkbox"/>	3. Windows _____	c. Move around in a document or window to see more information
<input type="checkbox"/>	4. Icon _____	d. Instructions to the computer for how to do specific tasks and run specific programs
<input type="checkbox"/>	5. Mouse _____	e. A list of options that appears when you right-click on an icon or other item
<input type="checkbox"/>	6. Folder _____	f. A place where you store data with a distinct name for later retrieval or use
<input type="checkbox"/>	7. Toolbar _____	g. Input device used to navigate around the screen
<input type="checkbox"/>	8. Reboot _____	h. A picture or symbol of a program, file or folder
<input type="checkbox"/>	9. Scroll _____	i. Bar located at the bottom of the computer screen; has the Start button and other tools
<input type="checkbox"/>	10. Shortcut Menu _____	j. Start the computer over again
<input type="checkbox"/>	11. Software _____	k. An operating system designed by Microsoft
<input type="checkbox"/>	12. File _____	l. The screen or picture that you see when you start up the computer

Part 6: Introduction to the Internet Knowledge

The purpose of this set of questions is to assess your knowledge of some of the information that is covered in this course.

1. Email allows you to stay in touch with family and friends. However, it can present some threats to your privacy. Which of these actions would you do to protect your privacy?

Yes	No	Don't know	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Reply to spam, harassing, or offensive email
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Open all email attachments so you know what is in them
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Send financial information by email
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Use virus protection software
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Keep your password in a safe place
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Open emails about sweepstakes and prizes
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Use an email spam filter




2. Sending email to family and friends is a wonderful way to communicate, but you need to know a few simple rules to make your online communication effective and well-received. What is some email etiquette that you need to know?

Yes	No	Don't know	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Answer your email in a timely manner, as you would with phone calls
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Use abbreviations as much as you can when writing emails to save time
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Make personal remarks about third parties in your email
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Forward as many emails as possible to other people to stay in touch with them
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Use all capital letters for emphasis when writing emails
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	If you use the spellchecking feature, you don't need to proofread your emails
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Keep email messages short

3. Below are some common extensions for websites that you may come across on the Internet. Please write the meaning for each of them.

Extension	Meaning	Don't know
.com	_____	<input type="checkbox"/>
.org	_____	<input type="checkbox"/>
.edu	_____	<input type="checkbox"/>
.gov	_____	<input type="checkbox"/>
.net	_____	<input type="checkbox"/>

4. Below are some symbols you might encounter while using the Internet. Please write the appropriate meaning next to each symbol.

Symbol	Meaning	Don't know
	_____	<input type="checkbox"/>
I	_____	<input type="checkbox"/>
	_____	<input type="checkbox"/>
	_____	<input type="checkbox"/>

5. For each term below, write the letter of the definition in the space next to the term.

Don't know	Term	Definitions
<input type="checkbox"/>	1. JPEG _____	a. A file you receive by email containing a document or photo
<input type="checkbox"/>	2. Favorites _____	b. The International computer network, also called the World Wide Web or the Web
<input type="checkbox"/>	3. URL _____	c. Different ways to help you find the information you want
<input type="checkbox"/>	4. Navigate _____	d. The box on a search engine where you type in key words or search criteria
<input type="checkbox"/>	5. MedlinePlus _____	e. A software program used to search for information on the Internet, such as Google or Yahoo
<input type="checkbox"/>	6. Search box _____	f. An electronic address usually consisting of a user name followed by the @ sign and the name of the mail server
<input type="checkbox"/>	7. Internet _____	g. Unwanted bulk email or junk email
<input type="checkbox"/>	8. Email attachment _____	h. A service of the National Library of Medicine, which provides health information
<input type="checkbox"/>	9. Spam _____	i. To move around between different web pages and websites
<input type="checkbox"/>	10. Search strategies _____	j. A collection of websites chosen by the user and available on the main menu of the browser
<input type="checkbox"/>	11. Search engine _____	k. A low-resolution format commonly used for digital pictures and email attachments
<input type="checkbox"/>	12. Email address _____	l. The address of a web page

Part 7: Course Evaluation – Introduction to Computers

Please answer all questions by marking an "X" on your response.	Strongly agree ₁	Agree ₂	Neither agree nor disagree ₃	Disagree ₄	Strongly Disagree ₅
17. I have enjoyed learning how to use computers and basic computer skills.					
18. I found the training manual difficult to understand.					
19. I felt inadequate during the class.					
20. The training I received was not sufficient.					
21. I felt incompetent when having to ask for assistance.					
22. The training I received was very beneficial.					
23. I feel I had a sufficient amount of hands-on practice.					
24. The instructor was very knowledgeable.					
25. The instructor was clear and easy to understand.					
26. The instructor was very helpful.					
27. The language used by the instructor was too technical.					
28. The class exercises were useful.					
29. The class was well organized.					
30. Overall, the class met my needs.					
31. In general, I accomplished my training goals.					

16. How might this class be improved? _____

Thank you for helping us evaluate this class!

Part 8: Skill Review Task – Introduction to Computers

It's a Party!

You have completed the Introduction to Computers class. To celebrate, you are planning a social event for your classmates and will develop the invitation using the new skills you learned in class.

1. Locate the file "ClassParty.doc" on the desktop and open it.
2. Make the following changes to the document:
 - a. Center the title "It's a Party".
 - b. Change the font size of the title "It's a Party" to 28 pts and make it bold.
 - c. Change the date to August 6, 2009.
 - d. Fix the time to include an end time of 6:00pm (3:00pm-6:00pm).
 - e. Enter your address for the location.
 - f. Add "Host" below the location and enter your name.
 - g. Add three items to the "Bring" list that you would like your classmates to bring to the event.
3. Save the changes you made to the invitation.
4. Print out the invitation and turn it in.
5. Make a new folder on the desktop and put your invitation into the folder. Use your name for the folder name.
6. After you have finished your invitation and saved it, shut down your computer.

Part 9: Skill Review Task – Introduction to the Internet

You have completed the Introduction to the Internet class. To put in practice your Internet skills, you are going to do the following:

1. Log-in to your email (e.g., Yahoo)
2. Open the email that you just received from your instructor
3. Print the attachment
4. The attachment has instructions for you to complete some activities using the Internet. Make sure to write your answers on the paper.
5. After you have completed the activities, turn it in
6. Shut down your computer

The email attachment content appears on the following page.

Participant ID: _____

Date: ____ / ____ / ____

Site ID: _____

Today, you will learn about the food pyramid from U.S. Department of Agriculture and U.S. Department of Health and Human Services, and see how you can use it to find information about food and nutrition.

Please use the Internet to answer the following questions. Go to <http://www.mypyramid.gov/>.

Please use the space provided below and write answers to each of the questions.

1. Go inside the Pyramid and click on the different colors of the pyramid and find out what the five basic food groups are and how much you should eat from each food group every day.

1)

2)

3)

4)

5)

2. Physical activity is also an important component of health. In order to be healthy, how much **moderate** or **vigorous** activity should you perform every day?

3. What are two tips for increasing physical activity at work?

4. Assume that you are an adult male 60 years of age, weigh 160 lbs. and your height is 5'8". Every morning, you go out for a walk for about 20 minutes. According to the guidelines on this site, what should be your food pyramid plan? What should you be eating under each components of the food pyramid? What should your total calorie intake be per day?