



DISK

Digital Skills for an Ageing Europe

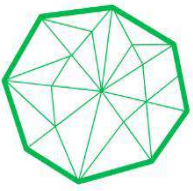
Working on your mental fitness: focus and attention for seniors



Project number 2020-1-FR01-KA204-079823

Co-funded by the
Erasmus+ Programme
of the European Union





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Summary of Key Learning Events and Instruction

The students engage with different studying materials at different stages of the module:

- **Before the start of the module** students fill a **survey** to assess their current thoughts on mental fitness and attention in older age.
- **In the introduction of the module** students read expository **texts**, study **images** and watch **videos**. **In the middle section** students engage in different **case studies** where attention plays an important role.
- The **end-of-the-module** concludes with a **quiz** that aims to assess the students current knowledge.





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Description

The primary purpose of this module is to contribute to the European Union's aim to expand the role of seniors in today's society by improving their digital competencies. This module aims to provide students with a basic understanding of mental fitness and attention as a cognitive process, to show real life usage of digital technologies that utilize attention, and to introduce simple mental fitness exercises to demonstrate the elasticity of the human brain.



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Objectives of the Course:

At the end of this module, you will be able to:

- ...**understand** mental fitness and define how mental fitness exercises can help increase your attention skills.
- ...**compare** your conventional ways of thinking about attention with new information provided.
- ...**use** your attention skills to increase your digital competencies in two real world examples.
- ...**experiment** with a set of mental exercises.
- ...**articulate** your own ideas about attention in the digital age.
- ...**source** and **repurpose** your learning in order to support/guide others in the society.





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Working on your mental fitness: focus and attention for seniors

This part will specifically focus on the mental exercises to improve your attention in a digital world which has an increasing desire to attract our attention.

Let's start with some definitions!

In the context of this module:

Attention is... *a state of focus on a task or subject which is delivered through senses.*

Concentration is... *the ability to maintain attention for a certain amount of time.*

Mental Fitness is... *the ability to concentrate, think clearly and creatively.*

Digital Technologies is... *a general term that encapsulates both digital devices such as PCs, laptops; and digital content like social media platforms, multimedia, websites etc.*

Digital Competence(s) is/are... *the knowledge, skill and attitudes to browse, evaluate and protect online data.*

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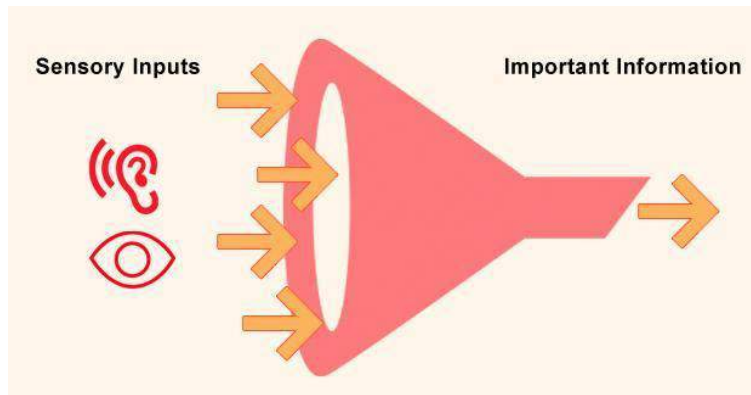




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Attention:

There are different methods to theorize attention*:



Attention as a **filter**:

....in which you receive a lot of information but only one or very few get selected to be processed.

Attention as a **spotlight**:

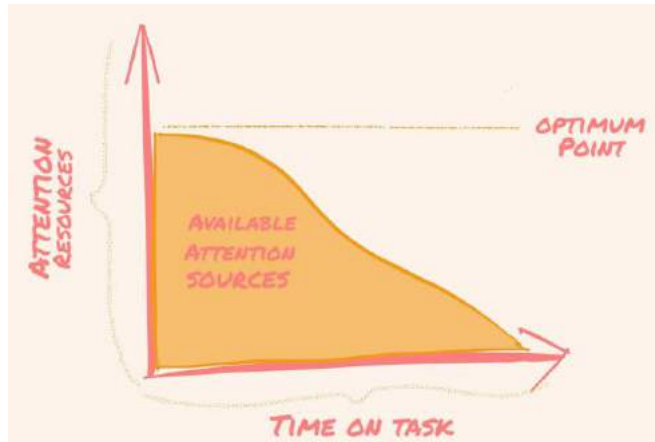
....in which you have the flexibility to direct your focus towards relevant information.





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There are different methods to theorize attention*(cont.):



Attention as a **resource**:

...in which you receive a lot of information but only one or very few get selected to be processed.

And What About **Concentration**?

Concentration is the **ability to maintain attention for a certain amount of time**. By increasing your attention to the relevant information and **decreasing your attention to distractions**, you can keep your concentration for a **longer time**.

Distractions can be **internal** or **external**. **Internal distractions** can be **lack of motivation**, thinking about the **past**, worrying about the **future** or physical ones like **fatigue** or **hunger**, while **external distractions** can be **noise** or other **sensory distractors** like a flash of light coming from your phone*.





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Attention in the Digital Age:

As digital technologies become more complex each day, for a person who was not born into this digital age, navigating through digital technologies without compromising attention becomes challenging.

In order to create a **mental fitness program** that aims to **increase the mental agility of seniors in digital environments**, we need to understand what we are dealing with and **what methods do digital technologies develop to attract our attention**.

We explore these phenomena with two case studies: **promotional content** and **phishing mails**.

You can find both of them in detail at the module's website. Let's look at both of them briefly:

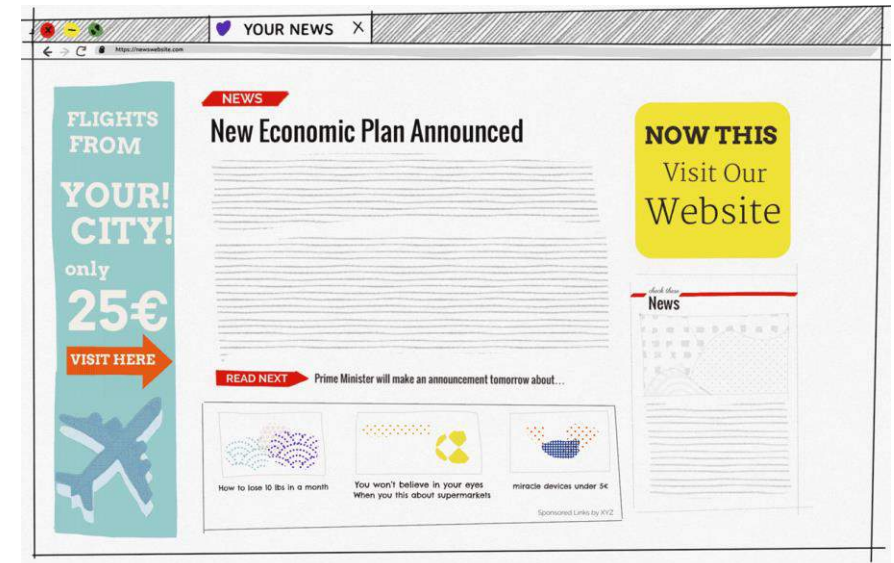
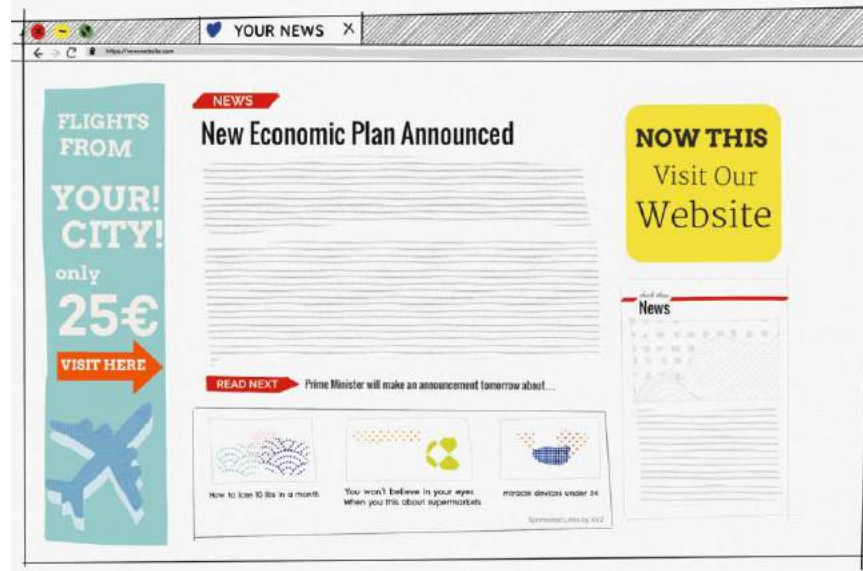
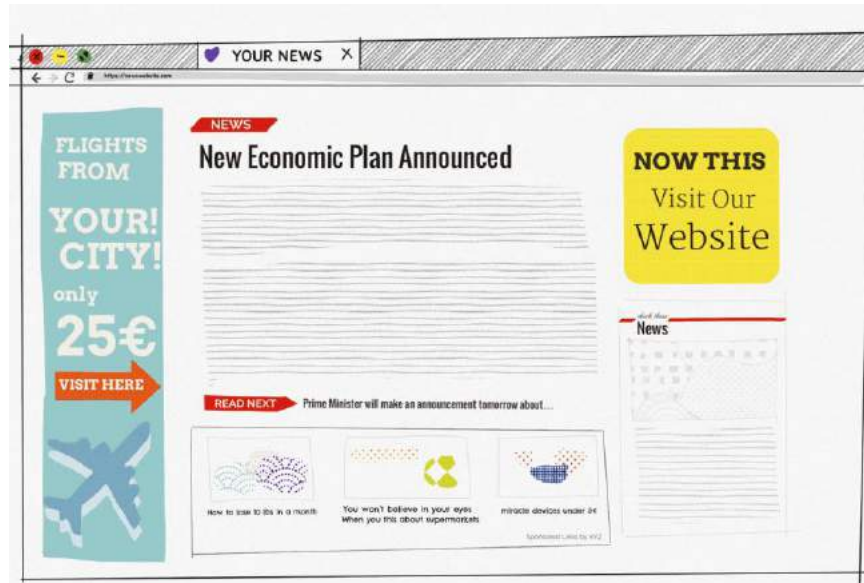




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Promotional Content

The advertisements that you come across every day on websites have different characteristics.*





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Phishing Mail:

Phishing is not like fishing, even though they are similar concepts. Phishing aims to lure people into giving their sensitive information.

Tips to Recognize Phishing:

TIP 1:

Look at the email address of the sender

is it from a public domain? Is it from a trustworthy source?

TIP 2:

Do not open the attachments or click on the links.

Phishing mails usually create a sense of urgency to make you click to some links, be careful.

TIP 3:

Check for misspelled words and grammar mistakes.





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You've reach the end of this course, congrats!

If you want to check this module in detail, explore mental fitness exercises and test your knowledge, go to our website!

Let's keep in touch!



Write us an email: disk-project@googlegroups.com



Visit our website and play mini-games:
<https://diskproject.eu/>

