

Cyber-Seniors' Co-op Programs



Who We Are

Founded in 2015, Cyber-Seniors is a non-profit organization whose mission is to bridge the digital divide and connect generations using technology. We provide tech-training for senior citizens using an intergenerational volunteer model. High school and university/college students are provided with lessons and learning activities to train them to act as digital mentors and senior citizens gain access to effective technology training and intergenerational communities that keep them socially connected and engaged. As seniors become more comfortable using technology in their daily lives, they find a welcoming intergenerational online community, that serves to increase their well-being and offers them safe opportunities to engage, while continuing to embrace technology.

Our co-op program:

Cyber-Seniors provides supervised online co-op where students can receive real work experience and earn school credits. All co-ops must complete the Cyber-Seniors Mentor Training Program and a portion of their time involves providing seniors with technology training and support. In addition, under the supervision of Cyber-Seniors staff members, students are assigned work projects that provide a well-rounded experience. Our program is designed to help students develop work skills and incorporate their interests in a safe and supported environment.

Some examples of work projects students may be assigned include:

- Social Media Content Development
- Tech Webinar Content Development
- Social/Health Webinar Content Development
- Video Editing
- Community Outreach
- Graphic Design
- Story Writing/Interviewing
- Technology Resource Development

Week One: Onboarding

We have a 1-hour meeting each day with the students to walk them through their virtual placement. They are asked to review supplementary documents after each meeting. This gives them time to ask questions and prepare for their placement.

www.cyberseniors.org

Daily Co-op process:

- At the beginning of each shift, the student is required to sign in and link/report their work assignments for the day.
- The student is given a list of tasks which they work through at their own pace throughout their term. Supervisors monitor the work, provide feedback, and ensure it is being completed in a timely manner.
- Students are required to participate in at least two mentoring sessions with seniors and if interested, they are encouraged to participate in additional sessions.
- Throughout the student's shift they are required to provide updates and share documentation of their work with their Supervisor. They may reach out to their supervisor at any time for assistance or to discuss a project idea.
- Office hours are also available each week for students. If they are having any issues themselves or if a supervisor is concerned they are asked to attend office hours to encourage open communication and problem-solving.
- At the end of each work shift students are required to check out and to deliver a status report of their work.
- Students take part in weekly group meetings where they are asked to share their progress and lessons learned with the other student.

Cost: Cyber-Seniors charges a nominal fee of \$100/student to cover the cost of supervision and reporting.

Alternative programs:

Mentoring:

If a student is interested in the Cyber-Seniors program but not the co-op placement, they are encouraged to sign up as a mentor. They will not have the support or structure of the co-op program but can build many of the same skills and experiences.

By simply signing up on our website they are prompted to work through our training and informational guides before being able to work with the seniors. Their hours are digitally tracked and can be downloaded off of our website.

For more information check out our Volunteer page: <https://cyberseniors.org/volunteer-with-cyber-seniors/become-a-volunteer/>

Higher-level Internships:

Cyber-Seniors offers a limited number of other volunteer opportunities in the form of unpaid occupation-specific internships. These positions are highly sought after. The studentships are for those looking to gain specific work experience in the desired field to strengthen a resume/portfolio.

Students interested can apply here: <https://cyberseniors.org/volunteer-with-cyber-seniors/other-volunteer-opportunities/>

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