New Mexico Broadband Program

Introduction to the Internet

Module 4

Using the Internet
Health, Education, and Employment
Learning objectives

- Increased awareness of and ability to locate online health resources
- Increased awareness of and ability to locate online educational resources
- Increased awareness of and ability to locate online employment resources
Health is an important factor in all our lives. Staying informed, making healthy life choices, and finding good medical assistance are all key factors contributing to our overall well being and happiness.
Staying informed about health information and best practices was something that used to happen through the home and the community.

Families, friends, and neighbors all helped us stay informed.
Now, families are dispersed and communities are fragmented. Learning health information directly from other people is more difficult. To find this information, we turn more and more to the Internet.
We may not want to rely on Google as our chief source for locating health information.
Health.gov

Start at health.gov. for basic information about healthy practices and common diseases. The emphasis of this site is prevention.
Health.gov also has a section discussing how the Internet can help improve health in individuals and populations.
On the Home Page, you will also find a list of resources for health care and medical websites.

One of these sites, MedlinePlus, provides in-depth information about key diseases.
List of medical diseases
Finding a medical practitioner

Medline is also a good source of information for finding medical practitioners. Click on the link to Directories at the bottom of the page.
Finding a medical practitioner

Use the scroll bar to see a long list of links to directories of medical practitioners and facilities.
Follow the link healthfinder.gov.

And open the link to “Find Services” and information.

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The Nutrition and Exercise link provides information about diet, activity, and weight control.
The Mayo Clinic also has an excellent website.
The site offers detailed information on a range of health topics.

Diseases  Symptoms  Drugs  Tests  Lifestyle  First Aid
Explore the health.gov or mayoclinic.com site.
Local hospitals can also provide information and resources on practitioners and services in the area.

Lists physicians in the area by name, location, and specialty.
It may also provide links to general information about health, wellness, and disease.
Health care and the Internet

We see that the Internet is vital to gaining information about health and illness. The Internet also allows health practitioners and clients to stay in close contact about current patient concerns.
Medical care and the Internet

Digital resources allow medical personnel to access information quickly from any location. This helps medical personnel respond to patient concerns or large scale health crises rapidly, based on updated medical information.
Education and the Internet

The Internet also plays a vital role in education in today’s world. Not only medical students, but students in all areas, at all levels, are increasing learning through digital technologies.
Education and the Internet

According to the Chronicle of Higher Education, enrollment in online courses on college campuses jumped 17% in 2010.

Image courtesy of: http://onlinecollegeclasses.cc/2011/
Education and the Internet

At most schools, 30-50% of students are enrolled in online courses. Nationally, over 6 million students took online classes in 2010.
Education and the Internet

In New Mexico, students will soon be required to take at least one online course before graduating from high school.

Image courtesy of http://www.onlineclassesforcollege.net/
Education and the Internet

There are many ways that we can take advantage of online education and learning.

Those wishing to complete high school and earn a diploma often have the option of doing so online.
IDEAL New Mexico online courses

In New Mexico, online courses are accessed through the site IDEAL New Mexico. With permission from their school, any student can take online courses for credit.
Currently, online courses for school students are offered in the areas shown below.

![Table of online courses](image)
IDEAL New Mexico online programs

Through the Higher Ed tab, IDEAL New Mexico also provides access to information about online programs at New Mexico colleges, university, and community colleges.
Fast Forward New Mexico’s Directory of Online Programs

Fast Forward New Mexico also provides a list of online classes and programs offered in New Mexico.

Diné College

General Information About the School (from its website)
- Year Established: 1968
- Nonprofit or For-Profit? Nonprofit
- Main Website: www.dinecollege.edu/

Credentials Offered
- Checkmark: Certificate
- Checkmark: Associate’s
- Bachelor’s
- Master’s
- Doctorate

Major Departments/Schools/Colleges/Foci
- Business and Applied Sciences
- Math, Science, and Technology
- Center for Diné Studies
- Humanities
- Fine Arts
- Communications
- Center for Diné Teacher Education
- Social and Behavioral Sciences

Brief Overview of School
(from their site and/or Wikipedia)
"Diné College was established in 1968 as the first tribally-controlled community college in the United States. In creating an institution of higher education, the Navajo Nation sought to encourage Navajo youth to become contributing members of the Navajo Nation and the world society. Under the direction of an eight-member Board of Regents confirmed by the Government Services Committee of the Navajo Nation Council, the College serves residents of the 26,000 square mile Navajo Nation, which spans the states of Arizona, New Mexico, and Utah. As a postsecondary educational institution, Diné College awards associate degrees and certificates in areas important to the economic and social development of the Navajo Nation."
IDEAL New Mexico online programs

If you are considering pursuing a college degree or certificate, taking online classes can help you reach your goal while still working at a job or taking care of a family.
New Mexico online programs

Explore ideal-nm.org or FastForwardnm.org/resources
Online courses

If you take an online course from an institution, you will have to register for the course, just as you would if it were a live class.

Depending on the course, you may have to apply to the school and be accepting before enrolling in the course.
Online courses

If you do take an online course, expect it to be similar to other courses you have taken.

You will have assignments, discussions, presentations, feedback from your Instructor, and quizzes or tests, all in an online format.
Other Online Courses

Other online courses are available that do not require application or enrollment at a school.

You can upgrade your technical or professional skills, learn a language, or brush up on ratios and per cents.
Other Online Courses

You can even learn to dance with free online dance lessons!
Free Online courses

Often, these courses will be self-paced. You may not have group activities and you may not interact with other students.
Free Online Trainings

Explore:

office.microsoft.com/en-us/training
gcflearnfree.org/
Alison.com
Online educational opportunities

The Internet also offers a vast array of online course materials that are free and cover an array of topics. Many of these are offered by the best universities in the country.
Online educational opportunities

These class materials include videos and podcasts of lectures, course outlines, reading lists, notes, and more.

All materials are free and there is no class in which to enroll.
Free College Classes

Explore
openculture.com
academicearth.org
Employment and the Internet

Just as education is moving online, the world of work is as well.

Most jobs require online applications and most employers require an email address.
Employment and the Internet

Finding a job requires that you be able to use online tools and Internet sites to locate positions.

Newspapers post few jobs in print. Many more appear in their online listings.

http://www.ere.net/2009/06/24/is-print-recruitment-advertising-dead/
Local sites, such as craigslist.com, surpass newspapers in number and turnover of job postings.
Job Listings on the Internet

Other important local posting sites are state and city government and local workforce connections’ sites.

You apply for unemployment Insurance here.

The Workforce Connections websites have a section for job seekers.

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Job Listings on the Internet

The Workforce Connections sites not only list jobs, but also provide information about employment services, job fairs, training resources, and much more.

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<thead>
<tr>
<th>Job Seeker</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jobs and Careers</td>
</tr>
<tr>
<td>Orientation Video</td>
</tr>
<tr>
<td>Job Fairs</td>
</tr>
<tr>
<td>Licensed Occupations</td>
</tr>
<tr>
<td>Career Exploration</td>
</tr>
<tr>
<td>Job Seeker Services</td>
</tr>
<tr>
<td>Job Hunting Publications</td>
</tr>
<tr>
<td>Youth Career Services</td>
</tr>
<tr>
<td>Training Resources</td>
</tr>
</tbody>
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</tr>
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<tr>
<td>Workforce Investment Act</td>
</tr>
<tr>
<td>Local Boards</td>
</tr>
<tr>
<td>Navigator</td>
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<td>Training &amp; Education</td>
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• Explore craigslist.com for your area.
• Explore Workforce Connections for your area.
Applying for Jobs on the Internet

Once you have found a job you want to apply for, you can expect that you will need to complete an online application. Each company will have a different application and a slightly different process for completion.

For help getting started, go to job-application.com
Online Job Applications
Job Boards

Other online resources for employment are the large job boards, such as Career Builder, Indeed.com, and monster.com.

These sites provide listings of jobs across the nation.
Job Boards

These job listings provide good resources for learning about jobs offered in your area. Research the position through the company website and apply to them directly, not through the job board.
Explore Indeed.com and CareerBuilder.com.
Using LinkedIn
Review

- Online information sources for health
- Online information sources for education
- Online information sources for employment
We appreciate the time you spent with us. We hope to see you at the next training!

These materials were created collaboratively by the New Mexico Department of Information Technology, Fast Forward New Mexico, and the New Mexico State Library, under grants provided by the National Telecommunications and Information Administration. These materials are not to be used for profit.

Connecting you to a world of opportunities