Assessing your basic computer skills

This questionnaire is intended to assess what you already know regarding basic computers skills. Please, read carefully each question and tick the most appropriate answer:

1. How would you rate your computer skill level?
   - Never used a computer ☐
   - Beginner ☐
   - Competent ☐

2. How confident are you with computers?
   - Not confident at all ☐
   - I usually need help ☐
   - It depends on the task ☐
   - Confident ☐

3. How confident are you using the: (a) keyboard (b) mouse (c) track pad
   - Not confident at all ☐ ☐ ☐
   - I usually need help ☐ ☐ ☐
   - It takes me a while but I can manage ☐ ☐ ☐
   - Confident ☐ ☐ ☐

4. Do you own a computer?
   - Yes ☐
   - No ☐

4a. If yes, how often do you use computers?
   - Never ☐
   - Monthly ☐
   - Weekly ☐
   - Daily ☐

4b. If not, do you have access to any other computer? (e.g., public library)
   - Yes ☐
   - No ☐

5. Do you have someone you can ask for help if you have any questions relating to computers?
   - Yes ☐
   - No ☐

   Who? ____________________________

6. Have you previously used computer-based training packages (e.g. the Nintendo DS Brain Training)?
   - Yes ☐
   - No ☐

   If yes, which packages have you used?

Thank you for filling out this questionnaire