

### 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  Who? \_\_\_\_\_
  - No
  
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**