

# NEURAL PATHWAY EXERCISE

Have a keyboard available to type. It should be one the person would use to sit down and type a report or essay. (Do not use a keyboard on a phone or tablet if it is not frequently used for these purposes.)

Ask for a volunteer that is comfortable typing on a keyboard.

Have them sit at the keyboard and time how long it takes (do not reveal the time) them to type the alphabet in order. Once completed have them answer the questions below.

Did you feel confident when typing?

Did you feel like you knew where the letters on a keyboard were at?

Do you think it took more or less than 20 seconds for you to type the alphabet (abcdefghijklmnopqrstuvwxyz)?

Now give them a copy of the next page.

You may also give copies to others participating in the training. You can hand them out with the backside up and ask them not to flip the paper over until everyone has a copy and you say to start. Give them a minute or two to complete the keyboard.

Discuss how long it took to type the alphabet and how long it took to write the alphabet on the keyboard template.

**\*\*Note:** When people are able to write on the keyboard very quickly they typically have an extensive background in working with computers. I find that I type the alphabet slower than I type words.

I hoped you enjoyed this training exercise. Please e-mail [bestqualityoflife4u@gmail.com](mailto:bestqualityoflife4u@gmail.com) and let me know how the exercise went.

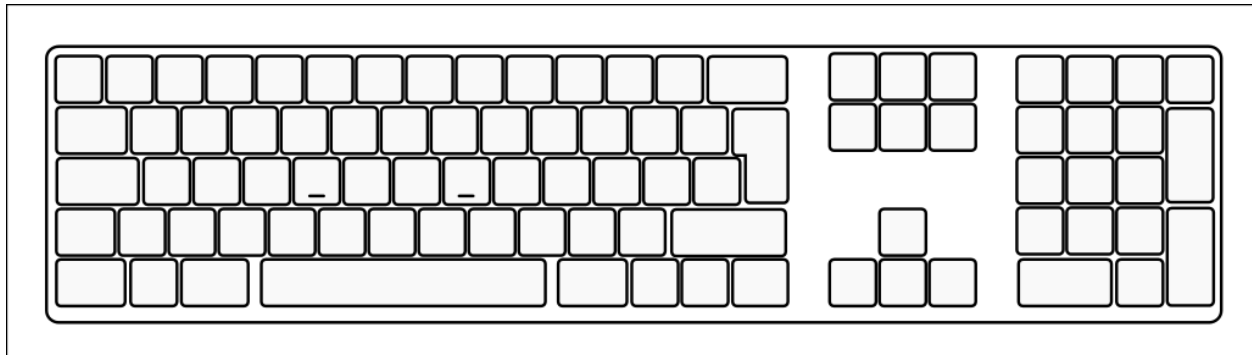
# NEURAL PATHWAY EXERCISE

Fill in the letters of the alphabet (abcdefghijklmnopqrstuvwxyz) on the keyboard below.

How long would it take you? Would it take more than 20 seconds?

Which was faster typing it out or writing it on the keyboard?

How much faster? About the same, a little longer, or a lot longer.



When comparing the length of time it takes to type the alphabet to writing it on the keyboard template, the results are typically drastically different. This is due to neural pathways. Just because we have the information does not mean it is always readily accessible and just because the information or ability is not readily accessible does not mean it is not there. It is all about how we are engaging the neural pathways.

Food for Thought:

A resident in a long-term care home requested a computer. Family purchased a tablet for the resident to use. Activities worked to program that tablet with apps the resident might enjoy. Resident had no interest in the tablet and did not want it in her room. Resident was a copy editor for most of her life. What neural networks had she created when using a computer? Does using a tablet engage those neural networks? Is there a difference between using a traditional keyboard verses using a tablet?