Working with computers

Computer Centre Faculty of Medicine



When you use computers...

- Comfortable
- Productive



Comfortable...





Comfortable...





Uncomfortable...

- You may experience occasional discomfort in your hands, arms, shoulders, neck, or other parts of your body
- Persistent or recurring discomfort, pain, throbbing, aching, tingling, numbness, burning sensation, or stiffness
- Bad posture
 - Carpal tunnel syndrome
 - Tendonitis
 - Tenosynovitis



Lesson plan...

- How to use the mouse
- Typing Master (a software to learn typing) already done
- Windows 10



How to use the mouse





Productive...

• **?** How – biggest productivity gains from touch-type.



Typing Master



http://www.typingmaster.com/typing-tutor/free-download.html

Klavaro

😵 Klavaro -	Main menu		-		×
Δ	0 - Introduction Learn how to type correctly				
A	1 - Basic course First steps with initial training	į.			
A	2 - Adaptability Practice with random keys				
ABC	3 - Speed Practice with random words				
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http://klavaro.sourceforge.net/en/index.html



Windows 10



• What is an Operating System ?

The operating system (OS) is the most important program that runs on a computer. Every computer must have an operating system to run other programs and applications.

http://www.webopedia.com/TERM/O/operating_system.html

• What is Windows 10?

Windows 10 is a personal computer operating system developed and released by Microsoft.





Windows 10 is the last and latest Operating System released by Microsoft.



Windows 1.0 (1985)



Windows NT (1993)



Windows 95/98 (1995)



Windows 2000 (1999)









Windows XP (2004)

www.techgenra.com

Windows Vista (2005)

Windows 7 (2009)

Windows 8 (2012)



Windows 10 Overview



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Cortana



https://www.youtube.com/watch?v=7OgETLaQko0

Win 10 logging screen

Power on the PC







After the logging



Taskbar

Start Menu & Start button

This PC				<u></u>
=	Most used	Life at a glance	Play and explore	
	 Mozilla Firefox Google Chrome PowerPoint 2016 Word 2016 Mendeley Desktop Tips 	Wednesday 22 Mail Mail Microsoft Edge Partly Cloudy 63° 65° 39° Å 36% 39° Å 8 Mph	Image: Search Imag	■ BE A RESPONSIBLE CITIZEN Then you leave the Computer Center
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Pin/Unpin tiles



Pin to Start

Unpin from Start



Pin to Taskbar

Unpin from Taskbar



What is File Explorer?

It provides a graphical user interface for accessing the files and folders in the computer (file systems).



12 items

• What are files and folders ?

Files can be documents, data, programs etc. in the computer. Folders are used to organize (store) files on the computer.

- Folder icons →
- Files icons → MS Word MS PowerPoint MS Excel Acrobat



This PC in File explorer



Exercise I:

- I. Open File Explorer
- 2. Get the Details View of contents you see on the right
- 3. Add the **Date created** column
- 4. Close the file explorer.



Answer:

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File Home Share	View					^ ()
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← → × ↑ 🖈 > Quie	ck access			~ Ō	Search Quick access	م
✓	Name	Date modified	Туре	Size	Date created	^
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 Documents * Pictures * 	DocumentsPictures	7/27/2017 3:41 PM	System Folder		10/28/2016 9:05 AM	
> 🐔 OneDrive	~ Recent files (20)					
🗸 💶 This PC	😰 WINDOWS 10 basics -police	7/31/2017 4:35 PM	Microsoft PowerP	69,832 KB	7/26/2017 12:19 PM	
> Desktop	lessons	4/28/2017 10:35 AM	Compressed (zipp	9 KB	12/9/2016 1:57 PM	
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> Uownloads	1	7/27/2017 3:37 PM	PNG File	206 KB	7/27/2017 3:37 PM	
> 🥊 Music	■ 2	7/27/2017 3:38 PM	PNG File	206 KB	7/27/2017 3:38 PM	
> 📰 Pictures	💼 TrainingGrants17	5/29/2017 12:34 PM	Microsoft Word D	21 KB	5/29/2017 12:34 PM	
> Videos Y 25 items	options 🖾	4/26/2017 2:44 PM	VNCviewer Confia	1 KB	4/26/2017 2:44 PM	



Exercise 2:

- I. Open File Explorer again.
- 2. Click on Local Disk (C:) in the Navigation Pane.
- 3. Display contents of the Local Disk (C:) in Details View.
- 4. Sort the folders and files in descending order of date modified.
- 5. Then change the sort direction to the ascending order.
- 6. Group the folders and files by name.



Answer

📇 l 🔽 📙 🗸 l	Drive Tools Local Disk (C:)		– 🗆 🗙
File Home Shar	e View Manage		^ ()
Navigation I Details pane pane T	Extra large icons Large icons	Group by ▼ Item check boxes ∴ Add columns ▼ File name extensions Sort by ▼ Size all columns to fit Current view Show/hide	elected Options
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E Pictures	Name	Date modified Type Size	
> 🗥 OneDrive	∨ I – P (4)		
 This PC Desktop Documents Downloads Music Pictures Videos Local Disk (C:) Local Disk (D:) 	 Intel PerfLogs Program Files Program Files (x86) Q - Z (3) The KMPlayer Users Windows 	11/2/2016 1:39 PM File folder 7/16/2016 5:17 PM File folder 5/19/2017 9:55 AM File folder 5/19/2017 9:30 AM File folder 7/31/2017 4:09 PM File folder 10/31/2016 3:37 PM File folder 7/28/2017 4:34 PM File folder	
 New Volume (E:) OD Drive (G:) (H:) Titems 	•		



How to Open programs on your computer





P Q

Search



Select from apps

Task view



Show hidden icons and Action Center



ACTION CENTER

Potentially harmful software detected Click to review and take action

Clear all

Settings

Updates were installed Select this message to learn more.







Settings		Find a re	Windows Settings		
	System Display, notifications, apps, power	Devices Bluetooth, printers, mouse	Network & Internet Wi-Fi, airplane mode, VPN	Personalization Background, lock screen, colors	Accounts Your accounts, email, sync, work, family
	Time & language Speech, region, date	Ease of Access Narrator, magnifier, high contrast	Privacy Location, camera	Update & security Windows Update, recovery, backup	



Shut Down



Create a folder

				a I 🗹
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				*
This PC				Pin to Q acces
Common Files				÷
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Pictures	*				
a OneDrive					
This PC					
Desktop					
Documents				Folder	
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Music		Sort by	>	Microsoft Access	Database
E Pictures		Group by	>	Bitmap image	
Videos		Refresh		Contact	
🏪 Local Disk (C:)		Customize this folder		Microsoft Word D	locument
Local Disk (D:)		Paste	•	Microsoft PowerP	oint Presentation
- New Volume (E:)		Paste shortcut		Microsoft Publish	er Document
💮 CD Drive (G:)		Share with		Text Document	
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🛒 f (\\L2c64) (Z:)		New		Compressed (zipp	oed) Folder
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Сору

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Search files in the computer

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This PC React again in *	Kind • Size • Other properties •	Advanced options • Save search Open file location	Close search					
Location	Refine	Options						
← → ~ ↑ 💻 > This PC >							V Search This PC	م ر
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Dropbox Scan		Desktop		Documents		Downloads		
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Desktop		CD Drive (F:)						
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Music								
Pictures								
Videos								
늘 Local Disk (C:)								
Local Disk (D:)								
OD Drive (F:)								


Open the File Explorer.

Click on the **Picture** folder in the Navigation Pane.

Create a subfolder called **Plants** within the Picture folder.

Copy the all pictures(files) related to plants in the **Common Share** folder and paste these files in to **Plants** folder.

Close the **File Explorer**.





Suppose you have saved some picture files related to plants in your computer and you can not remember the location where you save the files. But you can remember that the word "**plant**" was there in the file name.

Question:

How would you find the files?

Hint: Search in file explorer





In the above search, you experienced that the search results include the other files in addition to the picture files.

Question:

How would you narrow down the search so that it will only search picture files?

Hint: Kind filter in file explorer



Personalizing your desktop

To change Background



Settings	
談 Home	Preview
Find a setting	P
Personalization	Sample Text
Background	Aa
Colors	
Lock screen	
🖆 Themes	Background
器 Start	Picture ~
☐ Taskbar	Choose your picture
	Choose a fit
	Fill V

Personalizing your desktop

Exercise 5: (Change Desktop background)

Question:

Change you Desktop background to green color.

Hint:

Right click on Desktop \rightarrow Personalize

Personalizing your desktop

To change Display Settings



Settings	Customize your display
慾 Home	Customize your display
Find a setting ρ	
System	
🖵 Display	
Ē Apps & features	1
⊟ Default apps	
Notifications & actions	
(¹) Power & sleep	
□ Storage	
邱 Offline maps	Identify Detect
□ Tablet mode	Change the size of text, apps, and other items: 100% (Recommended)
D Multitasking	Orientation
Projecting to this PC	Landscape \checkmark
Apps for websites	Apply Cancel

Windows handling



Snap windows - Keep two windows side by side



Keep two windows side by side



Windows key + ←

Keep two windows side by side



After you pressed Windows key + -

Keep two windows side by side



Flip windows - switch between open windows.



Alt + Tab



Sticky Notes







Sticky Notes



Exercise 6 : Sticky notes

When you leave home this morning, your wife asked you to take the daughter from the nursery at 12 noon today. But you are suspicious whether you forget this with the workload at the office.

Write a sticky note to remind you this while you work on the computer at the office



Ske<u>tchpad</u>



https://www.youtube.com/watch?v=My9dFeuOL6g

Exercise 7 : Sketchpad

You want to take computer print out of the following Sinhala text with the boarder .

පොලිස් මූරපොල

But you don't know how to type in Sinhala. How would you write the text on the computer ?

Hint: Windows Ink - sketchpad



- Windows Defender
 - Windows Defender provides antivirus and malware protection for your computer



Exercise 8 : Windows defender

Scan drive D in your computer for viruses.



- User Account Control
 - User Account Control warns you when a program or user attempts to change your computer's settings. Your screen will be temporarily locked until an Administrator can confirm the changes.



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- Windows Firewall
 - By default, Windows will protect your Internet connection with Windows Firewall. A firewall prevents unauthorized access from external connections and helps protect your network from threats that could harm your computer.







- Windows SmartScreen
 - Whenever your computer detects a security threat from a file or application, Windows SmartScreen will notify you with a full-screen warning. Whenever you see this warning screen, you should choose not to open the file or application unless you can verify that it will not damage your computer.

Windows p	rotected you	ur PC		
Windows SmartScre at risk. More info	en prevented an unrec	ognized app from starting	g. Running this app mig!	nt put your PC
				ОК



Managing User Accounts and Parental Controls

Add a new user

Settings						A
			Windows Settings			
		Find a s	etting	Q		я
	System Display. notifications, apps, power	Devices Bluetooth, printers, mouse	Network & Internet Wi-Fi, airplane mode, VPN	Personalization Background, lock screen, colors	Accounts Your accounts, email, sync, work, family	E
		(L)				C
	Speech, region, date	Narrator, magnifier, high contrast	Location, camera	Windows Update, recovery, backup		Б
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						~

← Settings	
愆 Home	Your family
Find a setting \wp	We couldn't connect to Microsoft family right now, so your family on this device might not be up to date.
Accounts	Add your family so everybody gets their own sign-in and desktop You can help kids stay safe with appropriate websites, time limits,
R≡ Your info	apps, and games.
Email & app accounts	+ Add a family member
🔍 Sign-in options	Learn more
Access work or school	Other people Allow people who are not part of your family to sign in with their own accounts. This won't add them to your family. + Add someone else to this PC Set up assigned access

Managing User Accounts and Parental Controls

Parental controls

• Windows offers a variety of parental controls that can help you monitor your children's activity and protect them from inappropriate content. For example, you can restrict certain apps and websites or limit the amount of time a user can spend on the computer. You'll need to add a family account for each user you want to monitor. Each user will also need to have a Microsoft account; you cannot enable parental controls on a local account.

Feedback

- I. What did you like about this lesson?
- 2. What didn't you like about this lesson?
- 3. What did you learn from this lesson?



THANK YOU



Productive...

• **? How** – biggest productivity gains from touch-type.



Typing Master	- 6	×
😗 Typin	g Master	
	Typing Master®	
	Welcome to Typing Master Image: Saman Hettige Saman Hettige	
	▶ I am a new user.	
	Delete User Enter	

http://www.typingmaster.com/typing-tutor/free-download.html



Klavaro

😵 Klavaro -	Main menu	-		×
Δ	0 - Introduction Learn how to type correctly			
A	1 - Basic course First steps with initial training			
A	2 - Adaptability Practice with random keys			
ABC	3 - Speed Practice with random words			
1	4 - Fluidity Practice with complete texts			
Language:	English (C)	s S	peech	
Keyboard:	USA	qwe	rty	
🔀 Help	🍲 About		Xc	lose

http://klavaro.sourceforge.net/en/index.html



Open Typing Master

	Typing Master	Typing M	aster	
Best match			Welcome to Typing Master	
Desktop app			Saman Hettige Saman Hettige	
typing master			▶ I am a new user	
			Delete User Enter	

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	Typing Master®	
	Welcome New User! Welcome to Typing Master 10 touch typing tutor! Please give a user name below and click Enter.	
	S Enter your <u>n</u> ame	
	<u>Cancel</u> <u>Enter</u>	







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Choose Course

Touch Typing Course

In this course, you will learn the positions of the letter keys and common punctuation by heart. After completing the course you will be able to type with all ten fingers without looking at the keyboard.

Duration 3:10 - 5:20 hours

Lessons 12 lessons

Progress Not started

Speed Building Course

Extra Courses in Paid Version







Lessons

4.

5.

6.

1. The Home Row

2. Keys E and I

Keys R and U

9. Keys W and M

10. Keys Q and P

11. Keys B and Y

12. Keys Z and X

Keys T and O

Capital letters and period

Keys C and comma

7. Keys G H and apostrophe

8. Keys V N and guestion mark

Change course

d Optimal Duration

During this course the duration of each exercise will be optimal based on your progress. This will save you time while guaranteeing good learning results.

 Each lesson will take 15 - 25 minutes depending on your progress

 The whole course takes 3:10 -5:20 hours

Turn Off Optimal Duration

Close 🔀 Studying **◀** Typing <u>Meter</u> Custom Review Typing Test **▲** <u>Games</u> Statistics Settings About

Cancel



Start Now

😗 Typing Master


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1.1 Touch Typing basics

🕑 Typing Master

Cancel

What Is Touch Typing?

"Touch typing" is a technique for typing quicker and more accurately with all ten fingers - without ever having to look at the keyboard.

After completing the Touch Typing Course you will know how to:

- Type faster with all ten fingers
- Type without errors
- Type without looking at the keyboard
- Improve your computing habits for better ergonomics

This means you will be able to type your documents and emails much faster with fewer errors -- saving you lots of time and making typing much more enjoyable.



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1 of 5

Next

1.1 Touch Typing basics





1.1 Touch Typing basics





1.1 Touch Typing basics

Typing Master

Cancel

Learning Tips

Keep Your Eyes on the Monitor

You will learn the key positions faster if you don't peek at the keyboard when training. If you can't remember where a key is located, check the keyboard picture on the screen to find it.

Keep Wrists Up

Keep your wrists up and straight when typing. Resting your wrists on the wrist rest or the desk will create an uncomfortable angle making it more difficult to move your fingers. This causes errors and slows you down. Holding your wrists too high has the same effect increasing the tension in the shoulders.

Focus on Accuracy

We believe that good accuracy is the building block of fluent typing. This is why you'll have an accuracy target throughout the course. Your speed will develop over time as you continue to train and start using your typing skills on a daily basis.

4 of 5



Next



1.1 Touch Typing basics

Typing Master

Ready to Start

Just a few more tips before moving on to the first exercise.

Relaxed Posture

Sit up straight, elbows close to the body. Try to keep shoulders, arms and hands relaxed to avoid tension and discomfort.

Taking Breaks

Cancel

Take breaks between exercises to relieve tension and regain your concentration. Don't overdo training. We recommend doing only a maximum of two lessons a day.

Pausing an Exercise

To pause an exercise, click the Pause button. Time will start running again once you resume typing.

We hope you enjoy learning to type with the Touch Typing Tutor! Typing Master Team



5 of 5











1.2 New keys













1.2 New keys





1.2 New keys





1.2 New keys Typing Master Now try typing "a" with left little finger Back Enter S D F JKL Caps 1 Shift Shift ZX Space Next Cancel



THANK YOU

