

Introduction to Personal Computers



Using Windows 7 and Microsoft Office 2010

Module Series Order Code: INF1080 ISBN: 978-1-925121-86-5

General Description The skills and knowledge acquired in *Introduction to Personal Computers using Windows* 7 and *Microsoft Office 2010* are sufficient to be able to use and operate the software to perform tasks that include starting applications, creating folders, copying and moving files, and personalise Windows.

Learning Outcomes At the completion of *Introduction to Personal Computers using Windows 7 and Microsoft Office 2010* you should be able to:

- > understand some of the wider implications of working with computers
- understand many of the general concepts of computing such as hardware, software, types of computers and the like
- > explain the various hardware components of the computer
- understand the role of software on the computer and the different types of software available for the computer
- > gain an overview of *Windows* 7 including windows and menus
- > understand data storage and navigate your computer's drives, folders and files
- > navigate the folder hierarchy and work with folders
- manage files on the computer
- > use Microsoft Word 2010 to create a basic word processed document
- > create and use *Microsoft Excel 2010* to process numbers
- > display a broad understanding of the *Internet* and its components
- understand and conduct effective searches of the Internet
- > create, receive and manage email messages

Target Audience Introduction to Personal Computers using Windows 7 and Microsoft Office 2010 is designed for users who are keen to extend their understanding and knowledge of the use of computers.

Prerequisites

Introduction to Personal Computers using Windows 7 and Microsoft Office 2010 assumes some knowledge of the software. However, it would be beneficial to have a general understanding of personal computers and the Windows operating system environment.

Pages

188 pages

Nominal

Duration*

Watsonia Publishing *Modules* are based around a 2-day training program consisting of approximately 14 – 16 hours

Student Files

Many of the topics in *Introduction to Personal Computers using Windows 7 and Microsoft Office 2010* require you to open an existing file with data in it. These files can be downloaded free of charge from our web site at www.watsoniapublishing.com. Simply follow the student files link on the home page. You will need the product code for this course which is *INF1080*.

Methodology

The In Focus series of publications have been written with one topic per page. Topic sheets either contain relevant reference information, or detailed step-by-step instructions designed on a real-world case study scenario. Publications can be used for instructor-led training, self-paced learning, or a combination of the two.

Formats Available A4 Black and White, A5 Black and White (quantity order only), A5 Full Colour (quantity order only), Electronic licence

Companion Products There are a number of other complimentary titles in the same series as this publication. Information about other relevant publications can be found on our web site at www.watsoniapublishing.com.

^{*} Duration relates to study time only and does not include assessment time. Duration should be used as a guide only. Actual duration will vary depending upon the skills, knowledge, and aptitude of the participants. This information sheet was produced on Tuesday, June 19, 2012 and was accurate at the time of printing. Watsonia Publishing reserves its right to alter the content of the above courseware without notice.



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Contents

Healthy Computing

- ✓ Work Health And Safety
- ✓ Performing A Computer Risk Assessment
- ✓ Good Posture At The Workstation
- ✓ A Good Working Environment
- ✓ Rests and Exercise
- ✓ Specifications And Standard
- ✓ Influenza In The Workplace

Computers

- ✓ Information Technology And Computers
- √ Types Of Computers
- ✓ Types Of Personal Computers
- ✓ How Computers Are Used
- ✓ Computer Performance

Computer Hardware

- ✓ Main Parts Of A Personal Computer
- ✓ The Central Processing Unit
- ✓ Computer Speed
- ✓ Computer RAM
- ✓ Computer ROM
- ✓ External Hardware Components
- √ Computer Peripherals
- ✓ Keyboards
- ✓ Other Input Devices
- ✓ Output Devices
- ✓ Input And Output Devices
- ✓ Storage Devices
- ✓ Connecting Hardware And Peripherals
- ✓ Internal Hardware Devices

Software

- ✓ Types Of Software
- ✓ Software Versions
- ✓ Operating System Software
- ✓ Application Software
- ✓ Command Line Operating Systems
- ✓ Graphical User Interface
- ✓ Systems Development

Starting Off With Windows 7

- ✓ Turning On The Computer
- √ Logging On
- ✓ The Windows 7 Screen
- ✓ Running Programs From The Start Menu
- ✓ The Anatomy Of A Window
- ✓ Minimising And Maximising A Window
- ✓ Resizing A Window Using The Mouse

- ✓ Moving A Window On The Desktop
- ✓ Understanding Windows Aero
- √ Using Aero Snap
- ✓ Shaking Down Windows
- ✓ Scrolling In A Window
- ✓ Understanding Menus
- ✓ Displaying Menus In A Window
- ✓ Closing A Window
- ✓ Putting Your Computer To Sleep
- ✓ Shutting Your Computer Down

Data Storage On Your Computer

- √ Viewing Storage Devices On Your Computer
- ✓ Understanding Windows Explorer
- ✓ Viewing Network Connections
- ✓ Understanding USB Flash Drives

Working With Folders

- ✓ Understanding Folder Hierarchy
- ✓ Navigating The Folder Hierarchy
- ✓ Understanding The My Documents Folder
- √ Accessing Your Personal Folders
- ✓ Creating A New Folder
- ✓ Copying A Folder
- ✓ Moving A Folder
- ✓ Renaming A Folder
- ✓ Deleting A Folder
- ✓ Viewing The Hierarchy Path
- ✓ Changing Folder Views

Working With Files

- ✓ Understanding Files
- ✓ Creating A Simple File
- ✓ Exploring Files In Windows 7
- ✓ Copying A File
- ✓ Renaming A File
- ✓ Selecting Files
- ✓ Copying Multiple Files
- ✓ Replacing Files
- ✓ Moving Files
- Copying Files To A USB Flash Drive
- ✓ Setting Files As Read-Only
- ✓ Deleting Files
- ✓ Deleting Folders With Files
- ✓ Common File Types

Word Processing

- ✓ Understanding Word Processing
- ✓ Creating Documents In Microsoft Word
- ✓ Starting Microsoft Word 2010
- ✓ Using The Blank Document Template

- ✓ Typing Text Into A Document
- ✓ Saving Your New Document
- ✓ Typing Numbers Into Your Document
- ✓ Inserting A Date Into Your Document
- ✓ Making Basic Changes To Your Document
- ✓ Checking The Spelling In Your Document
- ✓ Saving Changes To An Existing Document
- ✓ Printing Your Document
- ✓ Safely Closing Your Document

Spreadsheets

- ✓ Understanding How Spreadsheets Work
- ✓ Understanding Spreadsheet Functionality
- ✓ Starting Microsoft Excel 2010
- ✓ Understanding Workbooks
- ✓ Using The Blank Workbook Template
- ✓ Typing Text Into A Worksheet
- ✓ Saving Your New Workbook
- ✓ Typing Numbers Into A Worksheet
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- ✓ Easy Formulas
- ✓ Typing Dates Into A Worksheet
- ✓ Easy Formatting
- ✓ Checking Spelling In A Worksheet
- ✓ Making Basic Changes
- ✓ Printing A Worksheet
- ✓ Charting Your Data
- ✓ Safely Closing A Workbook

About The Internet

- ✓ The Internet And The World Wide Web
- ✓ How The Internet Began
- ✓ Connection Requirements
- ✓ Understanding Web Browsers✓ Understanding Search Engines
- ✓ Understanding Web Addresses
- ✓ Key Terms And Internet Jargon

✓ Cookies And Caches► Internet Explorer Basics

- ✓ Starting Internet Explorer 9
- ✓ The Internet Explorer Screen
- ✓ Turning On Screen Elements✓ The Command Bar
- ✓ Going To A Specific URL
- ✓ Controlling The Browser Window Size
- ✓ Activating A Hyperlink



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INFOCUS COURSEWARE

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- ✓ Activating An Image Link
- ✓ Hiding And Displaying Images On A Web Page
- ✓ Understanding The New Tab Page
- ✓ Adding New Tabbed Pages
- ✓ Working With Tabbed Pages
- ✓ Closing Tabs
- ✓ Zooming
- ✓ Using The Back And Forward Tools
- ✓ The Browsing History
- ✓ Using Compatibility View
- ✓ Stopping And Refreshing Pages
- ✓ Closing Internet Explorer

Searching The Web

- ✓ Understanding How To Search Effectively
- ✓ Using The Address Bar To Search
- ✓ Adding Search Providers
- ✓ Using A Different Search Provider
- ✓ Setting Your Default Search Provider
- ✓ Removing Search Providers
- √ Searching Based On A Keyword
- √ Searching Based On A Phrase
- ✓ Combining Selection Criteria
- √ Finding Information On A Page

Using Email

- ✓ Starting Outlook
- ✓ Common Outlook 2010 Screen Elements
- ✓ The Mail Screen
- ✓ Composing An Email Message
- ✓ Creating A New Message
- ✓ Sending The Message
- ✓ Understanding The Inbox
- ✓ Retrieving Email
- ✓ Opening An Outlook Data File
- ✓ Reading Messages
- ✓ Deleting Messages

Concluding Remarks

