



## MVLA Adult School Tech Advocate Team

### Onsite Drop-In Mornings:

Monday, Tuesday, Friday:  
11:30 AM -12:30 PM  
Location: Room 109

### Onsite Drop-In Evenings:

Tuesday: 4:00 PM-5:00 PM  
Location: Room 109

### Online Drop-In via Zoom:

Tuesday: 7:00 PM-8:00 PM

Are you new to the Internet? Do you need help getting onto the internet from your computer or device? Do you need more guidance and practice with how to send and receive an email? Do you want to learn how to access your class online resources? MVLA's Technology Advocate team can help!

MVLA's Technology Advocate team offers students help with technology. We offer 3 types of technology support services to students:

- General Technology Resources, an online video library of "How To" tutorials (accessible 24/7)
- Technology Support Workshops, topic-focused workshops, available as needed. Visit our website for upcoming workshops: [www.mvla.net/as/techsupport](http://www.mvla.net/as/techsupport)
- One-on-One Support to help with individual needs, available by appointment or during drop-in office hours.

### Contact the Technology Advocate team

Gilbert Seegmiller  
[gilbert.seegmiller@mvla.net](mailto:gilbert.seegmiller@mvla.net)  
408-780-8492

**MVLA**  
ADULT SCHOOL  
Learning for a Lifetime

Jim Wong  
[jim.wong@mvla.net](mailto:jim.wong@mvla.net)  
650-940-1333 X4105