

Top 10 Reasons to use the Internet

1. **Social interaction** The Internet can be an important tool for keeping in touch with friends and family and reducing the feelings of isolation for people who are no longer mobile or who live long distances from loved ones.
2. **Lifelong learning** The Internet is an endless source of information for anyone wanting to learn a new skill, hobby, or language.
3. **Job search** Most jobs are now posted online and many require applications and even skills tests that need to be completed online. Online sites that feature a person's professional skills and provide a networking platform can be critical to job hunting success.
4. **Job skill enhancement** The Internet has various websites that provide written and video tutorials to improve or gain new skills.
5. **Education** School-age children often need to research and turn in homework assignments online. Additionally, schools have mostly moved to electronic communications for the caregiver's school aged children.
6. **Wellness and health information** Does your child have the flu? Are you managing a chronic disease or caring someone who has one? The Internet provides a wealth of information on health sites as well as evidence-based information about diseases and treatments on government and university research sites.
7. **Medical records** Many health providers have gone to electronic medical records that have patient portals, or private communication channels between provider and patient. Doctors really do answer the questions of their patients often more quickly than by telephone.
8. **Government benefits** The government continues to expand its use of the Internet for efficient and cost effective dissemination of information. Internet access is becoming more necessary for monitoring and applying for benefits such as Medicare and Social Security.
9. **Entertainment** It is possible to stream movies, TV shows, and play games, even interactive games with family and friends, over the Internet.
10. **News and current events** The Internet has up to date news and provides a means for communicating directly with local officials and government agencies. In this way, citizens can participate more fully in society and democracy.

