

Take Lessons

Lessons provide an introduction to the keyboard beginning with keys located on the homerow. The Ainsworth Keyboard Trainer Program will automatically adjust based on your skill level.

1. The **Ainsworth Keyboard Trainer** program should be open.
2. Click the **Lessons** button.
 - The **Lesson** menu opens.
3. Click on **Alphabet Keys**.
 - The “**Starting your lessons...**” dialog box opens. The first lesson focuses on the A S D F keys. Your speed and accuracy will be monitored.
4. Press the **Enter** key or click the **OK** button to begin.
5. In the white box near the top of your screen, begin typing the letters as well as spaces as they appear.
6. Continue taking the lessons.

