To solve a compound inequality joined by the logical connector **"or"**, we treat each inequality as a completely separate mathematical statement. The term "or" indicates a **union** of the two solution sets, meaning any value of s that satisfies *either* the first condition *or* the second condition is part of the final valid solution group.

We isolate the variable s in both parts independently:

1. **First Inequality:** For $s - 3 < 1$, we isolate s by adding 3 to both sides of the inequality sign ($s < 1 + 3$), which simplifies directly to **s < 4**.
2. **Second Inequality:** For $0.5s \geq 3$, the coefficient 0.5 is equivalent to the fraction $\frac{1}{2}$. To isolate s, we multiply both sides of the inequality by 2 to clear the fraction ($s \geq 3 \cdot 2$), which simplifies directly to $s \geq 6$.

Combining these two separate solution paths with the original "or" operator yields the final compound interval statement: $s < 4 \; or \; s \geq 6$.