

TECHNOLOGY

FRIEND OR FOE?

WHY IS IT SO ADDICTIVE?

- 1** They're **salient** ➤ High volume of notifications makes it incredibly noticeable.
- 2** They're **social** ➤ It's where most of our networking happens - don't want to miss out!
- 3** They're **rewarding** ➤ Feeds into our attention loop... there's always a reason to return.

This is not bashing "technology"... technology by definition, is the matter of doing more with less. We don't need a tech change but rather a habit change!



TECH CHANGE IS A HABIT CHANGE

To change bad habits we want to make them as undesirable as possible. The main focus should be on making it invisible and making it difficult by **turning off notifications** and having **tech free periods!**

Follow the bad habit laws below to intercept at each stage of the habit loop.

HABIT STAGE	BAD HABIT LAWS	EXAMPLE!
1. CUE	Make it invisible	Turn notifications off!
2. CRAVING	Make it unattractive	Add time limits through social media apps!
3. RESPONSE	Make it difficult	Have tech free periods!
4. REWARD	Make it unsatisfying	Encourage your child to have other break regimes i.e. hanging out with friends or exercising!

The best way to battle any habit is exposure across a period of 4-5 weeks. Try it as a family to encourage them to stick to it and have a reward at the end to gamify it!

Tracking progress when sticking to a goal will increase their motivation!

Strides is an app that can be used to track both positive and negative habits!

USE TECHNOLOGY WISELY

PROMODORO TECHNIQUE

A great way to limit time on apps and stay on task! Your child studies for 25mins and then has a 5min break. Follow the steps on the right! After you have done 4 Promodoros take a longer break of 20-30mins.

APPS TO CHECK OUT!

- Google Calendar - flexible time management
- Todoist - collaborative to do list
- Freedom/Self-Control - app blockers
- Forest - effective and fun use of Promodoro!
- Coggle - transform notes into mind-maps

1. Choose a task

Make a list of all the tasks you have to do and identify how many Promodoros (25min on, 5min off) each will take.



2. Set a timer to 25mins

Keep distractions to a minimum so you can really focus on the task. Close your door, turn off phone and email alerts.



3. Work on task until timer rings

Work on one task only so that you can get into the flow i.e. state of complete concentration. If you get a good idea or think of another task note it down to come back to in the next 25mins.



4. Take a short break

Do this even if you're in the middle of a task! Don't stay at your desk. Use the short break to get a change of scenery!

