

Name _____

Disconnect to Reconnect: Why Mobile Phones Don't Belong in Classrooms

Open-Ended Response Answer Key

1. A mobile phone distracted a student in the classroom when they received multiple text messages during a lecture. The student kept checking their phone, missing important information and falling behind in the lesson. This disrupted their learning experience and caused them to struggle to catch up later.
2. Excessive screen time can have long-term consequences on a student's physical and mental health. For example, prolonged use of mobile phones can lead to issues like eye strain, which may require corrective measures like glasses. On the mental health front, constant exposure to social media can lead to anxiety and low self-esteem, as students compare themselves to idealized images and lifestyles portrayed online.
3. Mobile phones can lead to social isolation among students during school hours because they may choose to spend their breaks and free time on their phones instead of interacting with their peers. This lack of social interaction can hinder their development of communication skills and the formation of meaningful relationships.
4. To effectively manage the classroom when mobile phones are allowed, teachers can implement strategies such as setting clear phone usage guidelines, using technology in lessons to engage students positively, and periodically checking in with students to ensure they are on task. These approaches can help minimize disruption and ensure a productive learning environment.

