

Name _____

The Impact of Technology on Attention Span and Learning

Open-Ended Response Answer Key

1. (Personal Experience) I remember a time when I was studying for a big test, and my phone kept buzzing with notifications. Every time I checked my phone, I lost my focus, and it took much longer to finish my study session. It was frustrating because I knew I could have learned the material faster if I had fewer distractions.
2. True multitasking is the idea that people can efficiently perform multiple tasks simultaneously. However, research shows that our brains rapidly switch between tasks, leading to reduced efficiency and comprehension. For example, trying to text while studying means you're not fully focused on either activity, resulting in poorer performance.
3. Educators and parents can support students in finding a balance between technology use and focused learning by setting clear screen time limits, encouraging breaks for physical activity, and providing guidance on using technology for educational purposes. They can also create technology-free zones during study or homework time.
4. Additional strategies to improve attention span and learning in the digital age could include setting specific study goals, practicing time management, and using digital tools like apps that help track and manage screen time. Additionally, promoting face-to-face interactions and outdoor activities can help reduce screen time and improve overall well-being.

