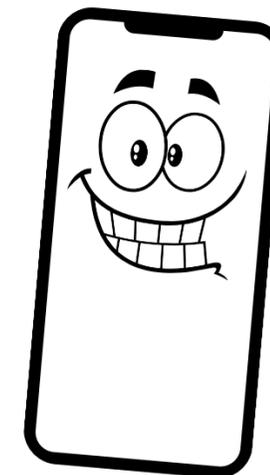


RETHINKING LEARNING IN A WORLD OF DIGITAL DISTRACTION

A Professional Development Session

(Created by Lisa Green)

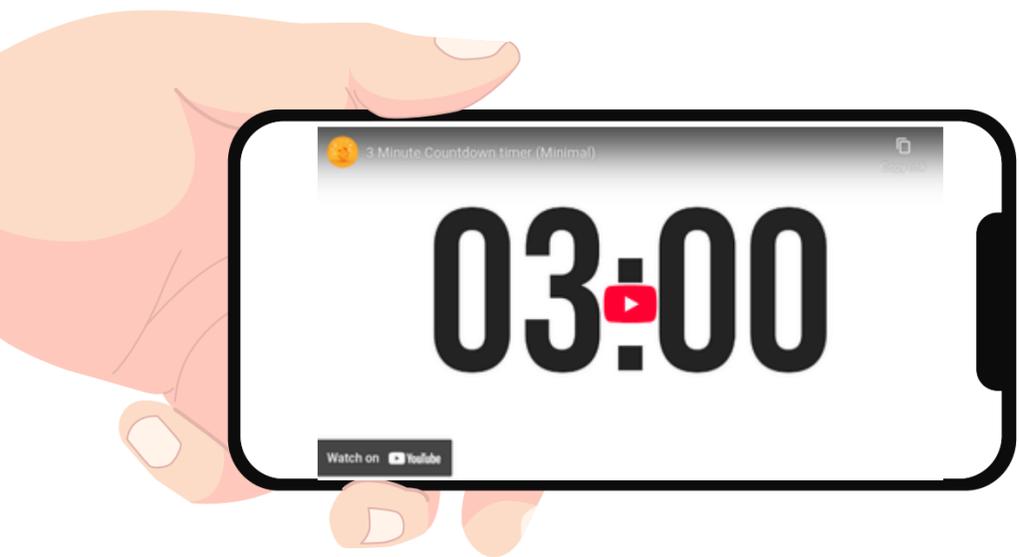


Learning?
Booooring!!
Who needs to learn these days when I can do everything and anything you need.

GOALS



- 1 IDENTIFY HOW SMARTPHONES AND SOCIAL MEDIA SHAPE ATTENTION AND COGNITION**
- 2 UNDERSTAND THE NEUROSCIENCE OF DISTRACTION AND ITS IMPACT ON LEARNING**
- 3 REDESIGN CLASSROOM ROUTINES TO STRENGTHEN ATTENTION AND WORKING MEMORY**
- 4 IMPLEMENT STRATEGIES THAT SUPPORT DIGITAL BALANCE AND MINDFUL LEARNING**



USE YOUR SKETCH NOTES SHEET AND TAKE 3 MINUTES TO EXPLORE YOUR RELATIONSHIP WITH YOUR SMARTPHONE

Smartphone Self-Check: Finding Balance in a Digital World

If your smartphone were a person, how would you describe your relationship with them?



In what ways does your smartphone enhance or distract from your personal and professional life?



What steps could you take to create a healthier, more balanced relationship with your smartphone?



**TAKE NOTE
ACTIVITY!**



MrBeast (Jimmy Donaldson) is a global YouTube star known for high-energy videos, massive giveaways, and attention-grabbing challenges. He is a master of the **Attention Economy**, designing content to hook viewers instantly and keep them watching.

As he advises other content creators:

*“Maximize the YouTube algorithm and
HARVEST EVERY SECOND
of the viewer’s attention span.”*

Most teens today have already “paid” him with hundreds of hours of their attention, making him a prime example of how digital creators compete for focus.

WHAT'S REALLY HAPPENING WHEN KIDS TEXT PARENTS ALL DAY

- **BUILDING DEPENDENCE INSTEAD OF RESILIENCE**

- They're learning to outsource decision-making instead of figuring things out independently.

- **WEAKENING PROBLEM-SOLVING AND CRITICAL THINKING SKILLS**

- Students miss the chance to pause, think through options, and make their own judgments.

- **INCREASING ANXIETY AND EMOTIONAL RELIANCE**

- Instant access to a parent can become a coping mechanism, making it harder to self-regulate or tolerate discomfort.

- **BREAKING FOCUS AND PRESENCE**

- Constant messaging fragments attention during class or social time.

- **UNDERMINING SCHOOL RELATIONSHIPS**

- Instead of turning to teachers, peers, or counselors for help, students skip the in-person support systems right in front of them.



TIPS FOR SUPPORTING STUDENT FOCUS IN THE CLASSROOM

USE FOCUSED TIMERS



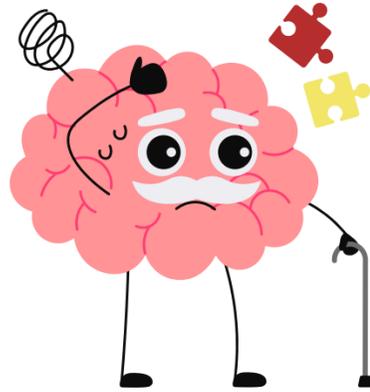
TAKE NOTE!



- Use visual timers so students see time passing. This provides a neurological cue to begin, reduces procrastination, and helps sustain attention until the timer ends.
- Encourage students to work in short, focused bursts (e.g., Pomodoro Technique) when studying.
- Why it works: Students stay on task longer when time is visible and structured, rather than open-ended.

PHONES AND DIGITAL AMNESIA

Digital amnesia is the tendency to forget information because we rely on digital devices to store and recall it for us.



Phones and technology are doing a lot of the memorization tasks that we used to rely on our brain for.

What are the long-term impacts of this?

- 
- A hand holding a smartphone displaying a list of items.
- Phone Numbers
 - Dates
 - Appointments
 - Directions
 - Names
 - Passwords
 - Shopping Lists
 - Facts
 - Knowledge
 - To-Do Lists
 - Reminders

MEMORY AND DEEP PROCESSING

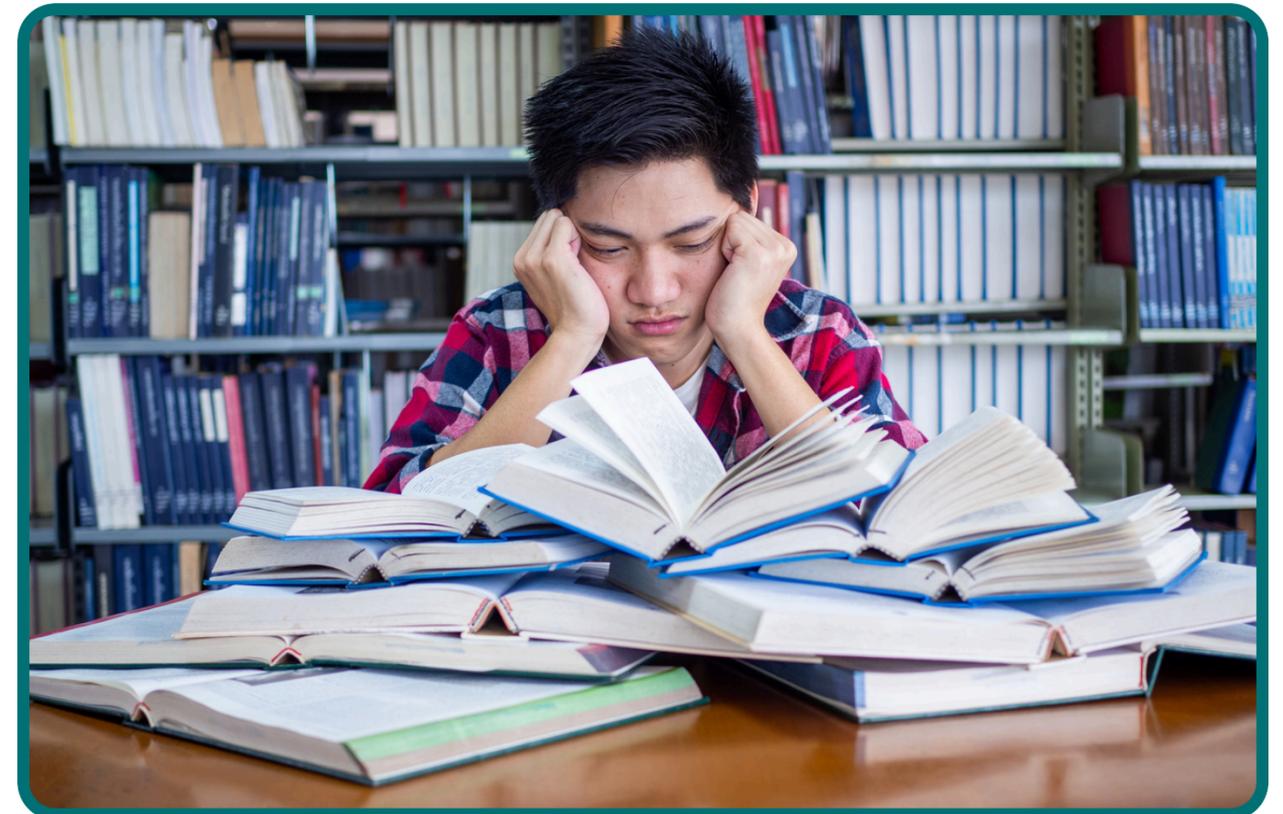
The attention economy encourages students to consume information in short, bite-sized pieces, such as social media posts, memes, and headlines.

This constant exposure to fragmented content makes it harder for them to engage with longer texts, diminishing their ability to focus, comprehend, and critically analyze material on the page.

Impact on Student Reading

Many students are struggling with deep reading and sustaining attention for extended periods.

TLDR
(TOO LONG DIDN'T READ)



TIPS FOR SUPPORTING ORGANIZATION AND PLANNING

WEEKLY ORGANIZER

- Provide a weekly organizer to keep track of class lessons, assignments, and due dates.

TAKE NOTE!



WEEKLY CLASS ORGANIZER  NAME: _____

CLASS: _____
WEEK: _____
CLASS FOCUS: _____

UPCOMING ASSIGNMENTS/QUIZZES DUE DATE 

<input type="checkbox"/>	_____	→	_____
<input type="checkbox"/>	_____	→	_____
<input type="checkbox"/>	_____	→	_____

PERSONAL GOALS OR SKILLS I WANT TO WORK ON THIS WEEK

1. _____
2. _____
3. _____

REMINDER 

MONDAY LESSON FOCUS: _____

LESSON NOTES, CLASS SUMMARY, OR THINGS I SHOULD REMEMBER FROM TODAY

2 BIG TAKEAWAYS → 1. _____
2. _____

TUESDAY LESSON FOCUS: _____

LESSON NOTES, CLASS SUMMARY, OR THINGS I SHOULD REMEMBER FROM TODAY

2 BIG TAKEAWAYS → 1. _____
2. _____

WEDNESDAY LESSON FOCUS: _____

LESSON NOTES, CLASS SUMMARY, OR THINGS I SHOULD REMEMBER FROM TODAY

2 BIG TAKEAWAYS → 1. _____
2. _____

THURSDAY LESSON FOCUS: _____

LESSON NOTES, CLASS SUMMARY, OR THINGS I SHOULD REMEMBER FROM TODAY

2 BIG TAKEAWAYS → 1. _____
2. _____

FRIDAY LESSON FOCUS: _____

LESSON NOTES, CLASS SUMMARY, OR THINGS I SHOULD REMEMBER FROM TODAY

2 BIG TAKEAWAYS → 1. _____
2. _____

NEXT WEEK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<input type="checkbox"/>				

WE CAN'T IGNORE THIS



Viral online challenges like “Devious Licks” or “Paper Dart” are happening and will continue to happen, whether we talk about them or not.

Some educators worry that addressing them gives students more attention, but the reality is:

- **Students are already seeking this attention online.**
- **They often don't fully understand the real-world consequences of their online actions.**

Our role is to guide, educate, and provide safe alternatives, not leave them to navigate these risks on their own.