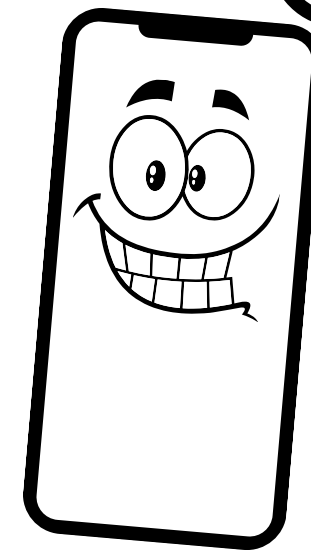


RETHINKING LEARNING IN A WORLD OF DIGITAL DISTRACTION

A Professional Development Session



Learning?
Booooring!!
Who needs to learn?
I can do everything
you need.

ABOUT THE OUTSMARTED LEARNING SERIES

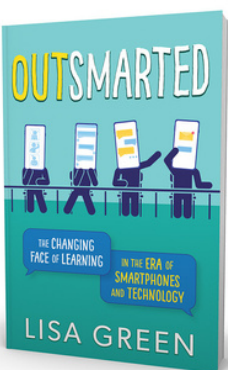
THE OUTSMARTED LEARNING SERIES:

PROFESSIONAL DEVELOPMENT WORKSHOPS DESIGNED FOR EDUCATORS AND ANYONE WORKING WITH TODAY'S YOUTH.

Through these sessions, participants will:

- Explore how smartphones, social media, and the attention economy are shaping student learning.
- Understand how evolving technology, including AI, impacts attention, memory, and classroom engagement.
- Learn practical strategies to adapt teaching, design authentic assessments, and support deeper learning in a digital world.

This series blends research, real-world classroom examples, and interactive discussion to give educators tools they can immediately apply in their teaching.



HOW THIS WORKSHOP WILL WORK

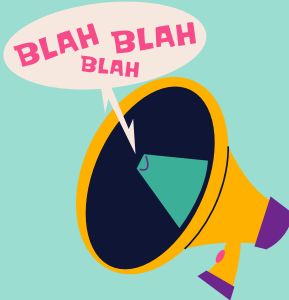
Welcome! This session is designed to be simple, structured, and reflective.

- ➔ **Follow Along With Your Sketch Notes Sheet:**
Jot down key ideas, takeaways, strategies, or “aha” moments.
- ➔ **Reflect As You Go:**
Invitations to pause, think, and connect ideas to your own teaching.
- ➔ **Expect Short Discussion Moments:**
Prompts to briefly discuss with a partner or small group.

ICONS TO LOOK FOR



TAKE NOTE!



DISCUSSION TIME



TIMED ACTIVITY



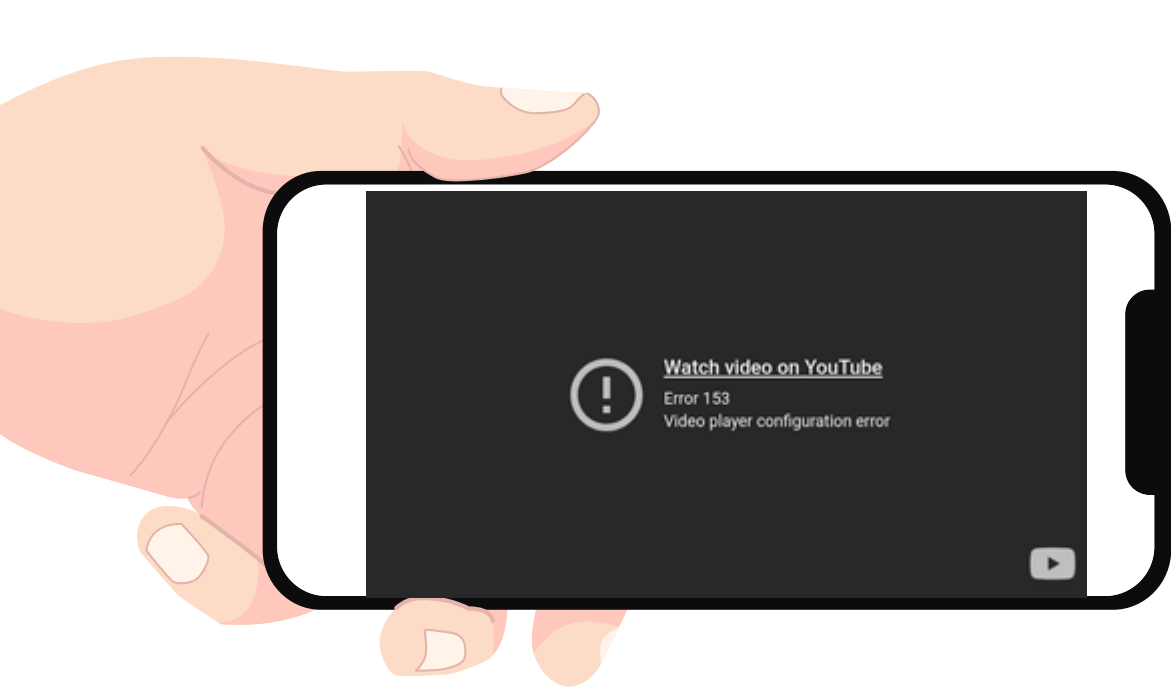
VIDEO



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**



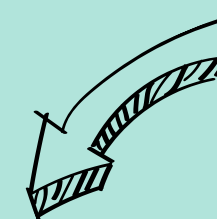
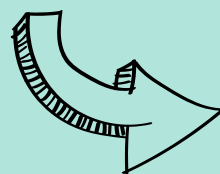
USE YOUR SKETCH NOTES SHEET AND TAKE 3 MINUTES TO EXPLORE YOUR RELATIONSHIP WITH YOUR SMARTPHONE

Smartphone Self-Check: Finding Balance in a Digital World

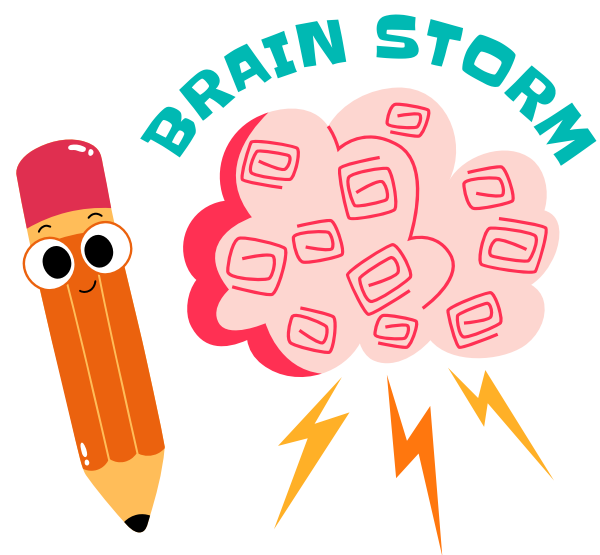
If your smartphone were a person, how would you describe your relationship with them?



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!**

THE ATTENTION ECONOMY



TO UNDERSTAND WHY OUR PHONES HAVE BECOME SO CENTRAL TO OUR DAILY LIVES, AND WHY THEY ARE INFLUENCING SOCIETY IN SUCH A DRAMATIC FASHION, WE FIRST NEED TO UNDERSTAND THE “ATTENTION ECONOMY”; THE INVISIBLE SYSTEM SHAPING HOW WE THINK, LEARN, AND CONNECT



VIDEO



**GET READY TO WRITE SOME NOTES AS WE GO.
INCLUDE HOW THESE IDEAS COULD BE APPLIED WITH YOUR OWN
CLASS AND/OR ASSIGNMENTS.**



Tips for Supporting Student Focus in the Classroom



Sketch Notes



Focused Timers

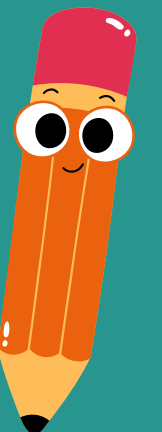


Including Approx. Times

Chunk Information



TAKE NOTE!

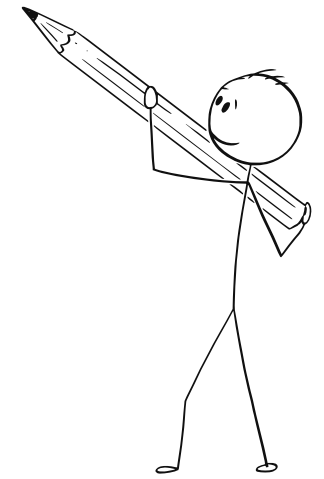
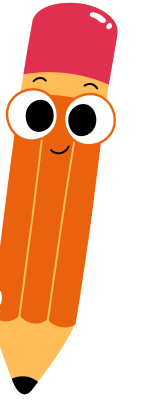


TIPS FOR SUPPORTING STUDENT FOCUS IN THE CLASSROOM

SKETCH NOTE SHEETS

(Like the sheet you're using now!)

TAKE NOTE!



- Keeps the distracted brain engaged by combining movement, visuals, and note-taking.
- Highlights key points and areas for focused attention.
- Encourages active processing, not passive listening.
- Supports memory retention and deep learning.