

# REBUILDING POSITIVE CONNECTIONS IN A TECH-SATURATED WORLD

A Professional Development Session

(Created by Lisa Green)



# GOALS

1

**UNDERSTAND HOW TECHNOLOGY HAS RESHAPED WORK, TEACHING AND SCHOOL CULTURE.**

2

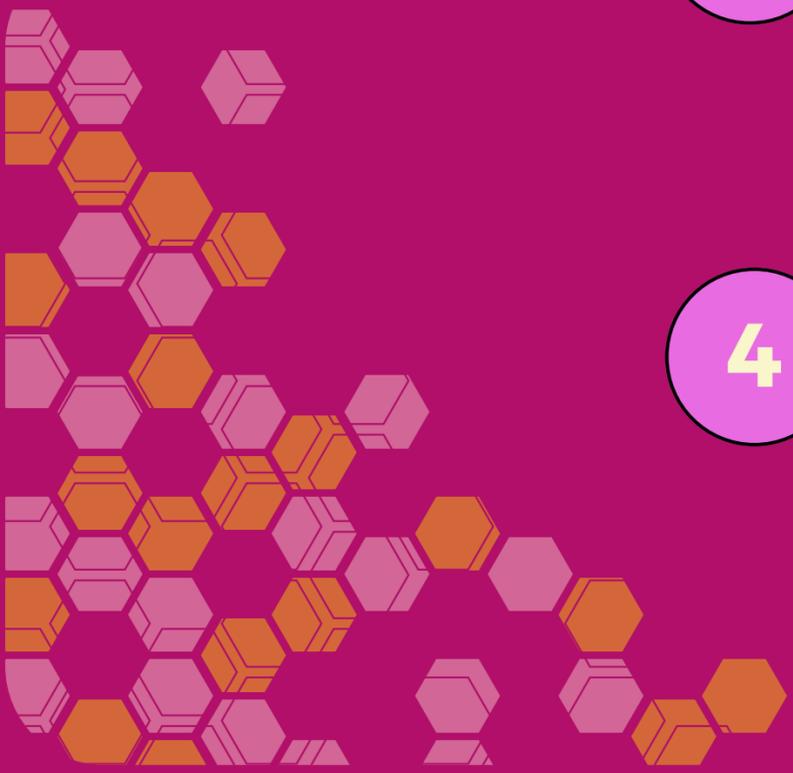
**BUILD EMPATHY FOR STUDENTS NAVIGATING DUAL ONLINE/OFFLINE REALITIES.**

3

**RECOGNIZE THE LOSS OF SHARED EXPERIENCES AND ITS IMPACT ON LEARNING.**

4

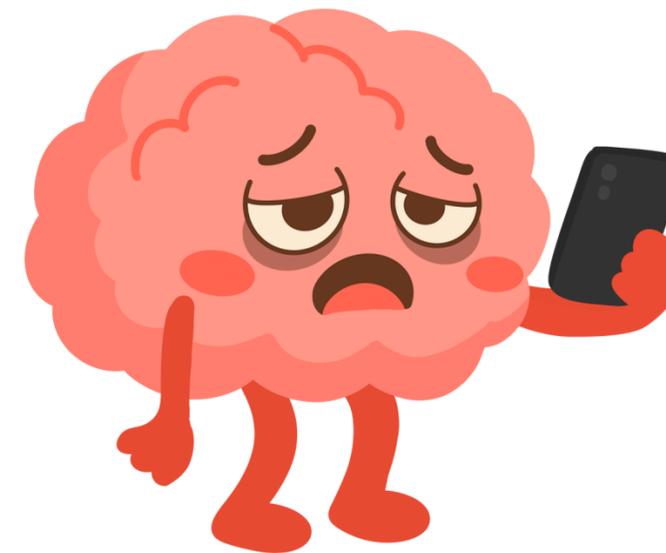
**EXPLORE PRACTICAL STRATEGIES TO RESTORE COMMUNITY AND COLLECTIVE LEARNING IN CLASSROOMS.**



# OUTSOURCING THE BRAIN: EFFICIENCY OR DEFICIENCY?

Smartphones make many tasks faster and easier.

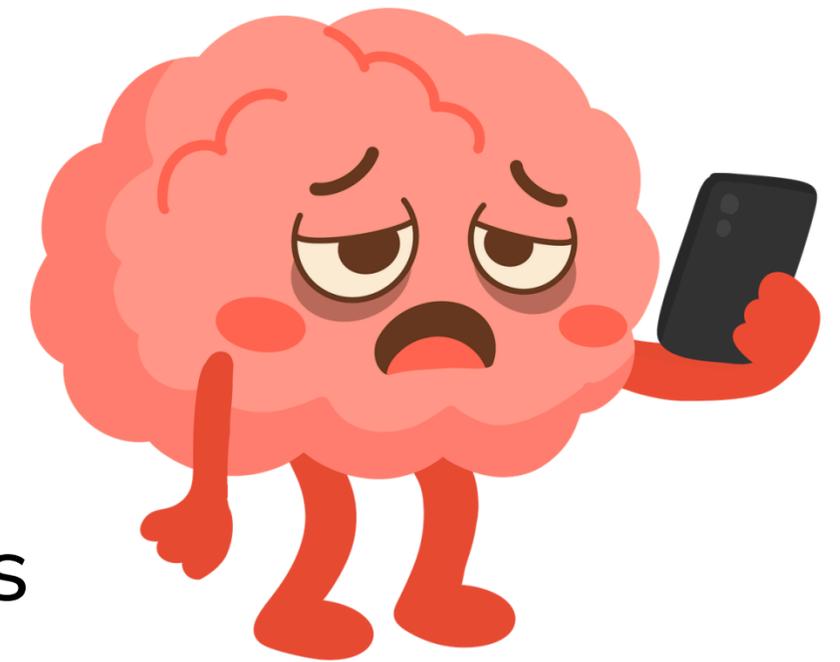
But as we offload more thinking to our devices, it's worth asking: What cognitive work did our brains used to do, and what is the cost of outsourcing it?



# OUTSOURCING THE BRAIN: EFFICIENCY OR DEFICIENCY?

## Efficiency Comes With Trade-Offs

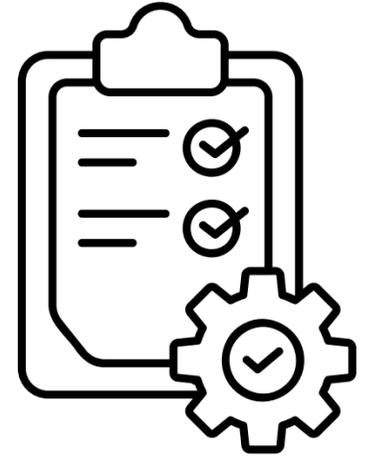
- Weaker memory and recall
- Reduced attention span and patience
- Less problem-solving persistence
- Increased dependence on prompts and reminders
- Discomfort with boredom or silence
- Fewer opportunities to practice cognitive activities and endurance
- Others???



***For educators, this raises an essential question:  
What skills are worth protecting and practicing?***

# FROM PHONE POLICIES TO SKILL BUILDING

Policies manage behaviour while skills shape understanding.



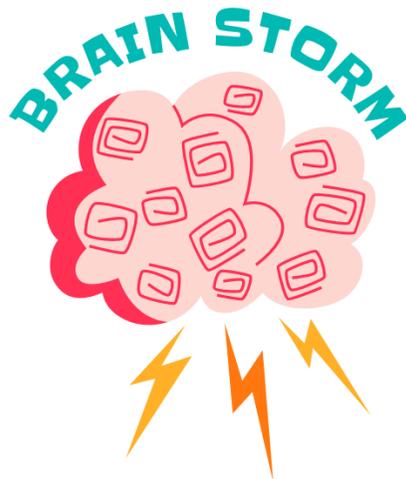
## POLICY

**NO PHONES IN CLASS/WORK**



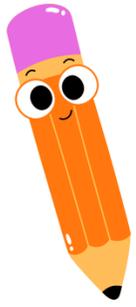
## SKILLS/UNDERSTANDING

- Self-regulation.
- Managing attention and focus.
- Understanding why distraction impacts learning and working



**TIME TO BRAINSTORM**





# Activity: The Emotional Weight of Email

Any teacher who has checked their email before bed, only to find an emotionally charged message from a parent, knows that emails can carry real emotional weight.

Take a few minutes to circle the three top emotions that emails most often bring up for you. Then, turn and talk with others at your table about what you notice.

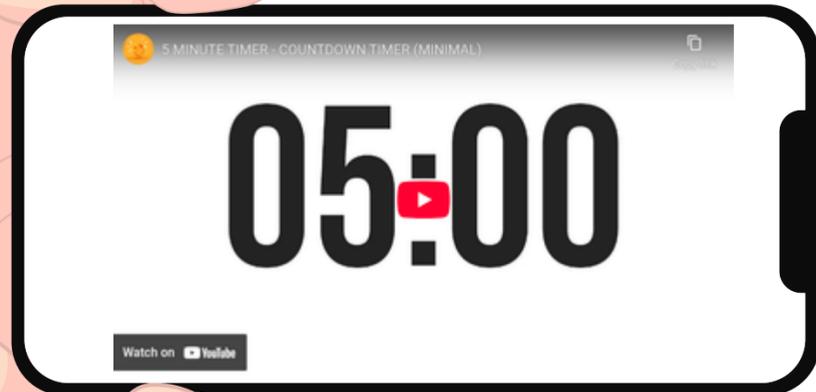


## How do “emails” make you feel?

Circle your top three.



- Overwhelmed
- Anxious
- Stressed
- Pressured
- Distracted
- Drained
- Frustrated
- Efficient
- Productive
- Informed
- Organized
- Relieved
- Accomplished
- Responsible





**DM**

**#TAGS**

**MEME**

**LIKE** 

**SNAPCHAT**

**FEED**

**POST**

**STORIES**

**FILTER BUBBLE**

**RE-POST**

**VIRAL**

**STREAM**

**GROUP CHAT**

**TROLL**

**BLOCK**

**TAG**

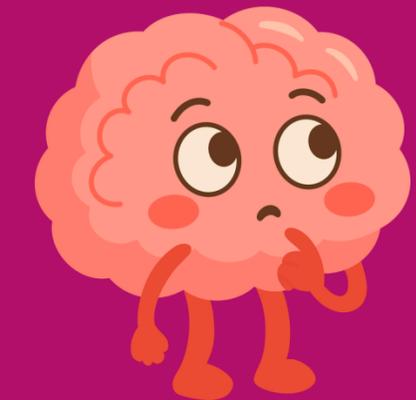
**INFLUENCER**

**DEEPPFAKE**

**EMOJI**

**AI SLOP**

**SWIPE RIGHT**

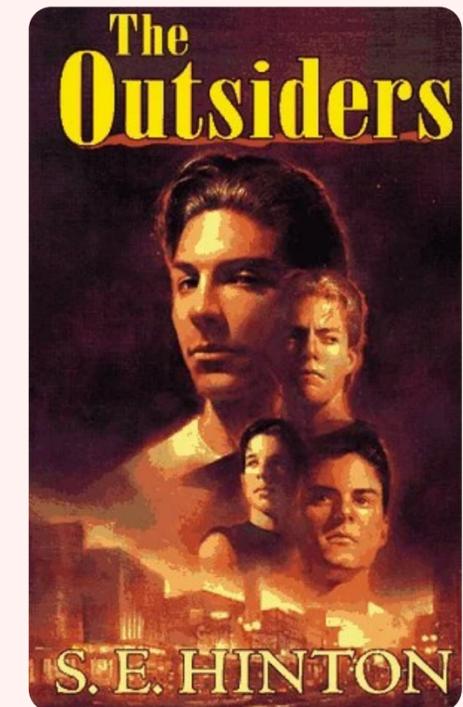
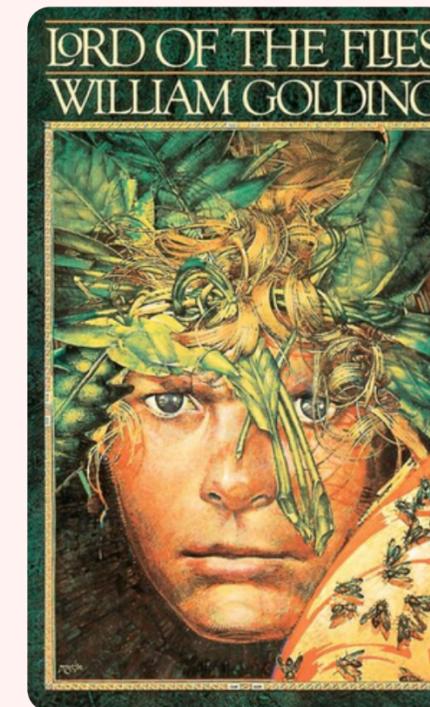
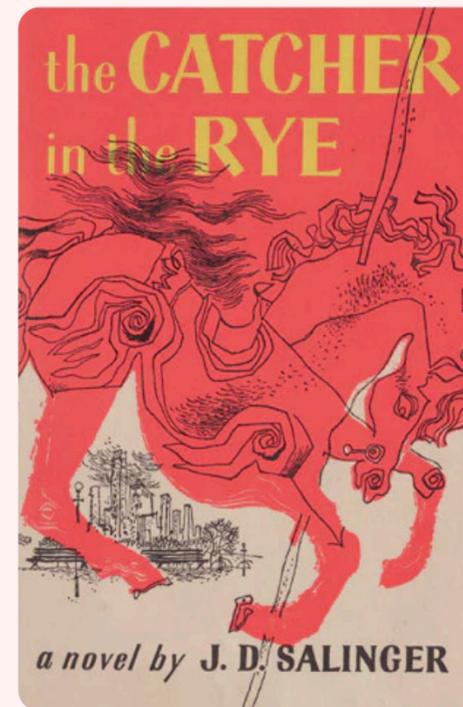
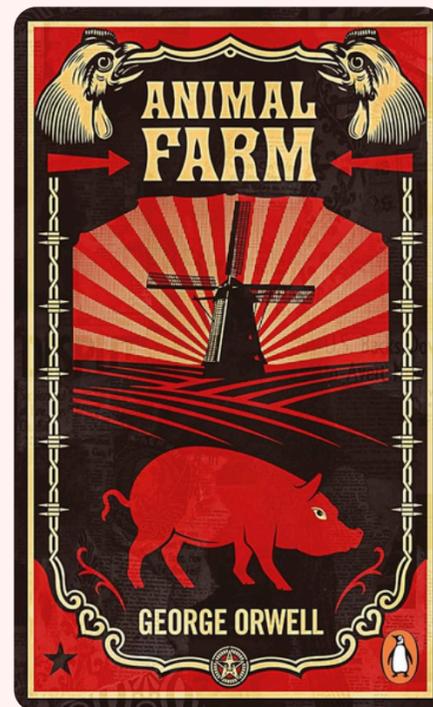
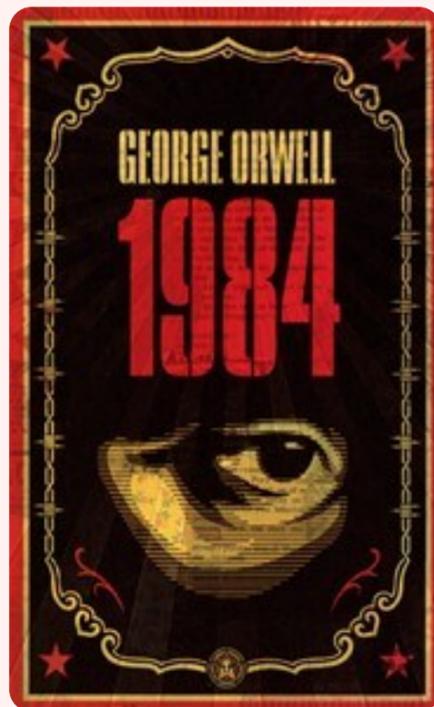


**Sit back and take a minute to think about the terms above. As a group, discuss the connotations of these words. What do they suggest about how we socialize, interact, and the online pressures that shape our real-world behaviour?**



# WHEN SHARED TEXTS DISAPPEAR

For generations, shared texts (novels, plays, stories) created common ground.



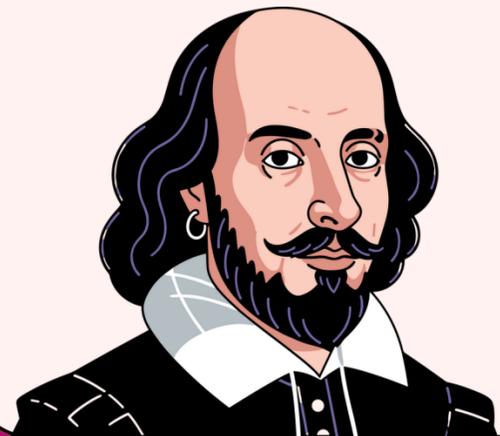
***\*I want to acknowledge that many of the texts that past generations shared lacked diverse voices. This is not about returning to that limitation. It's about recognizing what shared reading once made possible, and asking how we might reclaim that benefit more inclusively.***

# SHAKESPEARE AS A UNIVERSAL CONNECTOR

Shakespeare has often been called “dead” or irrelevant. But for centuries, his work functioned as a universal connector.

His stories explored themes students will forever grapple with:

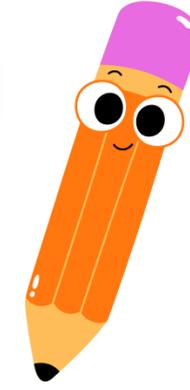
- Love and loyalty
- Conflict and identity
- Impulsivity, pressure, and consequence
- And many, many more...



*Romeo and Juliet is not just a play...  
it is shared cultural knowledge.*



# WHAT THIS CAN LOOK LIKE IN PRACTICE?



## In the Classroom

- Anchor units in shared core texts or experiences, then invite choice around them.
- Teach classic texts through modern lenses (identity, power, media, conflict).
- Use familiar themes from older texts to make sense of current digital life.

### **Example:**

*Romeo and Juliet as a study of impulsivity, peer pressure, public performance, and conflict. These are parallels students recognize in today's online world.*