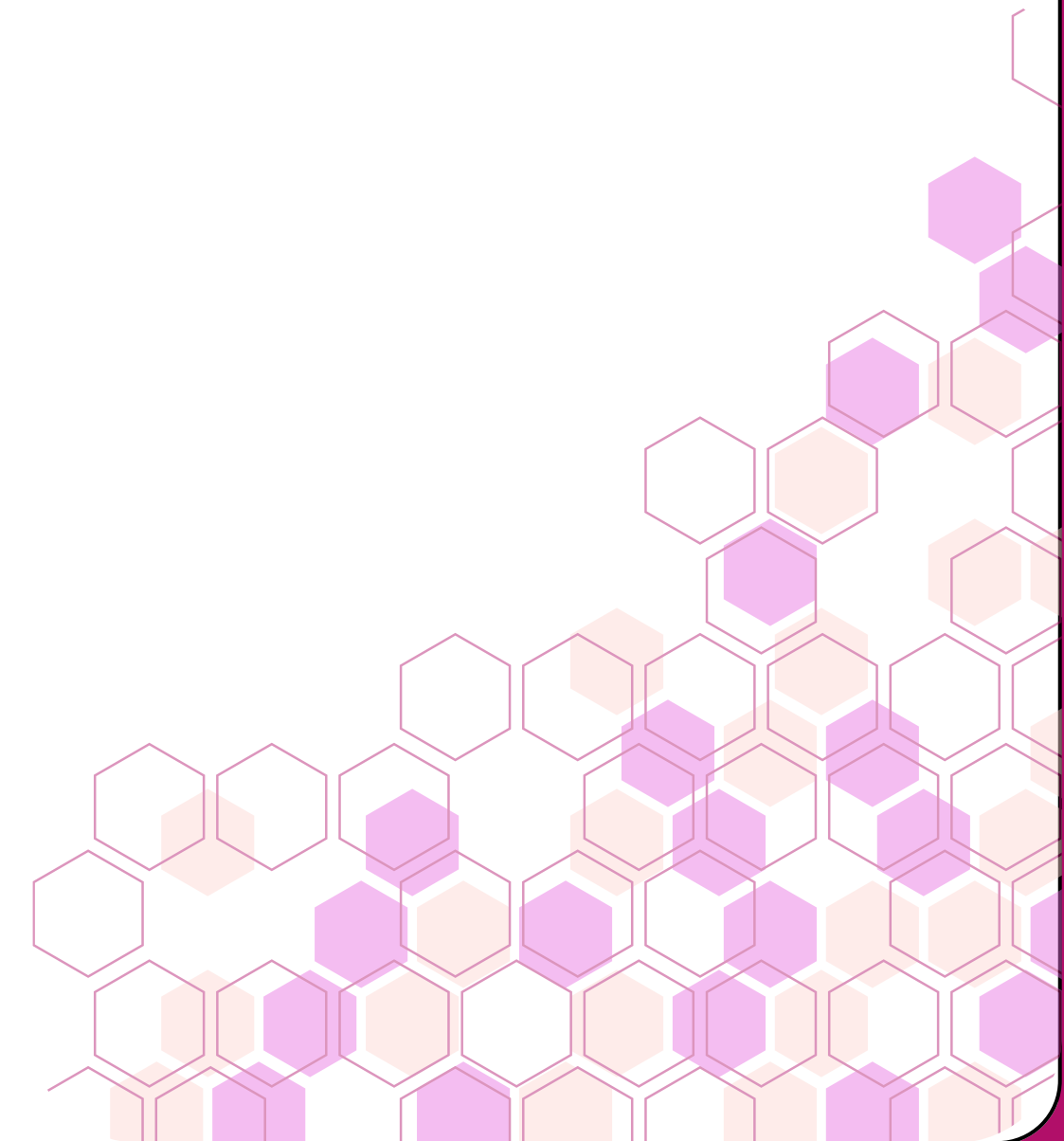


REBUILDING POSITIVE CONNECTIONS IN A TECH-SATURATED WORLD

A Professional Development Session

(Created by Lisa Green)



OVERVIEW AND PURPOSE



In a world shaped by technology and social media, the way we connect, communicate, and belong is changing.

This workshop explores how digital spaces influence social interaction, what that means for schools and classrooms, and asks how educators can intentionally support students in becoming healthy, socially functioning humans.

Schools have a unique opportunity to reinforce what it means to be human. This session asks what that should look like.

GOALS

1

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

2

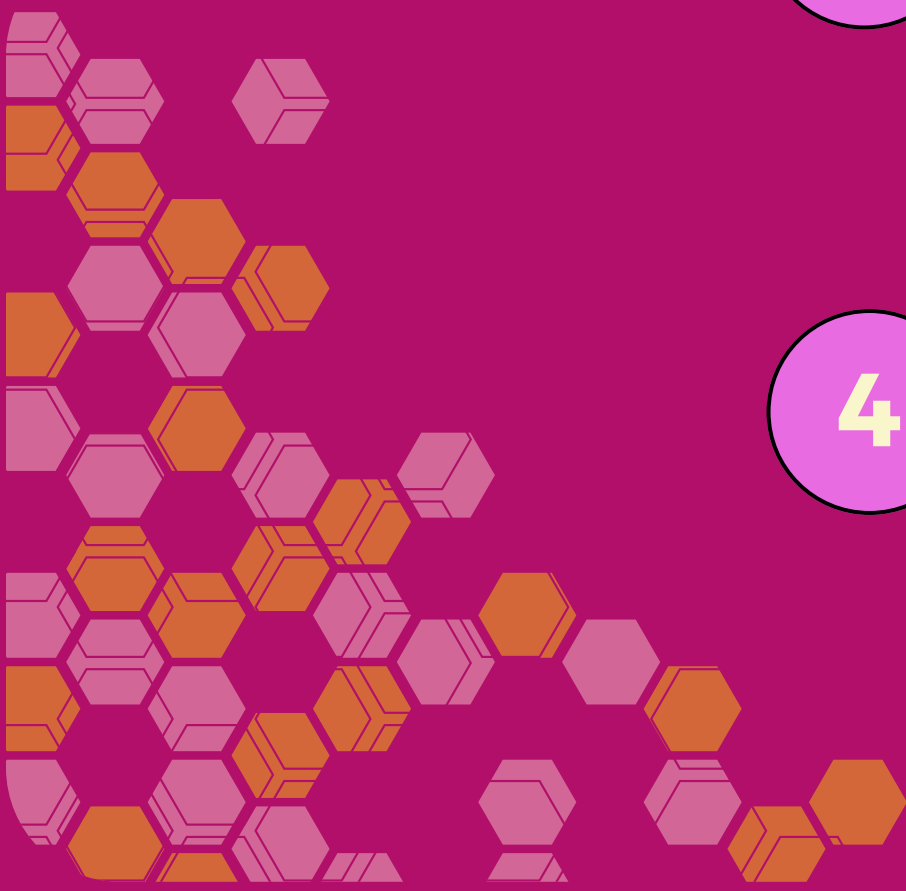
BUILD EMPATHY FOR STUDENTS NAVIGATING DUAL ONLINE/OFFLINE REALITIES.

3

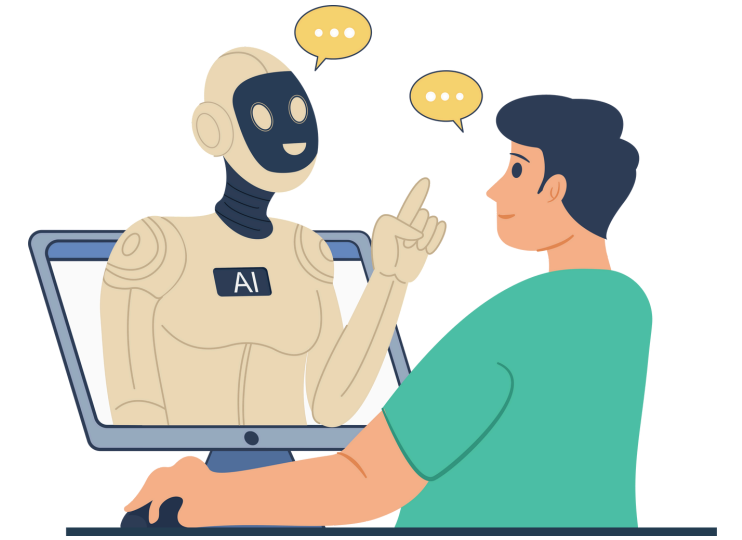
RECOGNIZE THE LOSS OF SHARED EXPERIENCES AND ITS IMPACT ON LEARNING.

4

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



THE 2020 AND BEYONDS: NOT JUST A FAST DECADE... A REDEFINING ONE.



- **Generative AI enters the classroom**
 - Tools like ChatGPT can generate essays, ideas, code, images, and feedback—changing how work is completed and supported.
- **Learning becomes adaptive and personalized**
 - Tools respond to individual needs, pace, and curiosity.
- **Virtual Reality and immersive learning**
 - VR begins transforming learning from reading about experiences to being inside them.



Teachers shift again: from guide → designer → coach of thinking

OUTSOURCING THE BRAIN: EFFICIENCY OR DEFICIENCY?

Common Tasks We've Outsourced

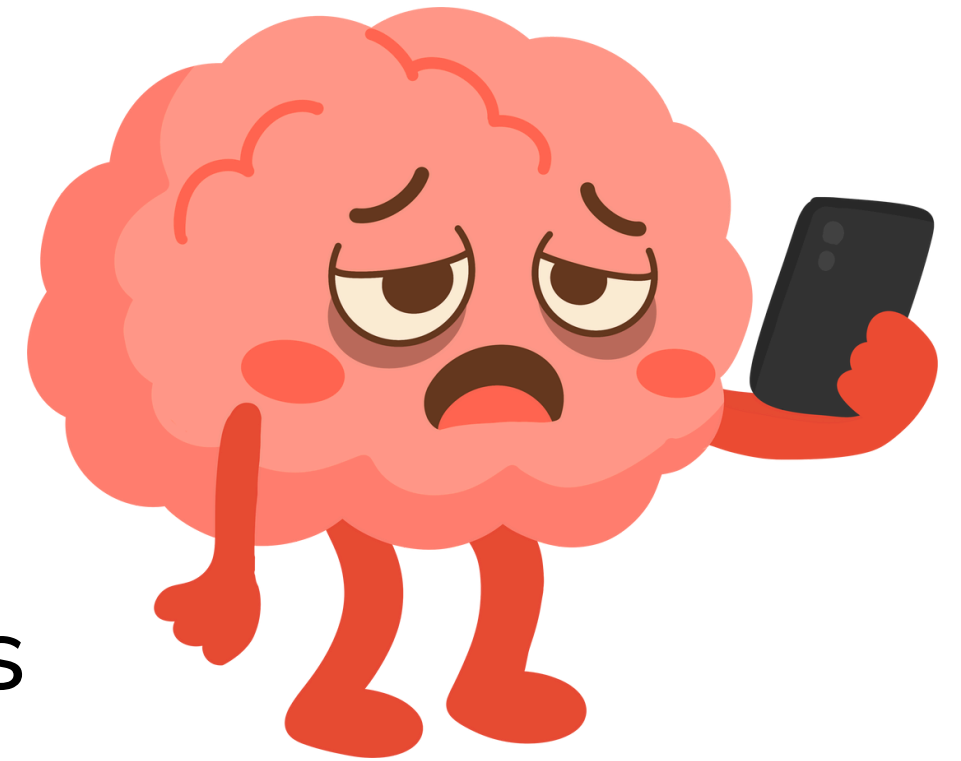
- Remembering phone numbers and contacts
- Navigating routes and directions
- Keeping track of schedules and deadlines
- Performing basic calculations (simple math)
- Spelling and grammar checking
- Remembering birthdays and important dates
- Resolving boredom or discomfort
- Looking up answers instead of thinking through them
- Others???



OUTSOURCING THE BRAIN: EFFICIENCY OR DEFICIENCY?

Efficiency Comes With Trade-Offs

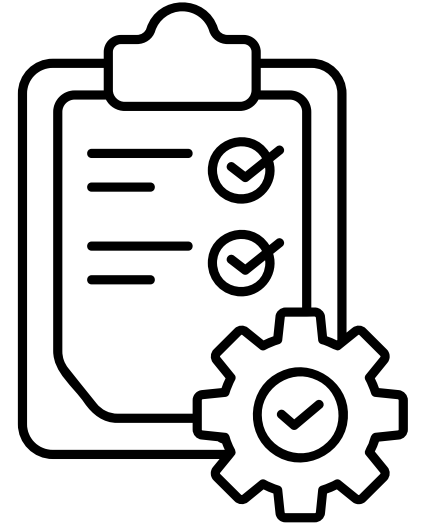
- Weaker memory and recall
- Reduced attention span and patience
- Less problem-solving persistence
- Increased dependence on prompts and reminders
- Discomfort with boredom or silence
- Fewer opportunities to practice cognitive activities and endurance
- Others???



***For educators, the question that must be asked:
What skills are worth protecting and practicing?***

FROM PHONE POLICIES TO SKILL BUILDING

Policies manage behaviour while skills shape understanding.



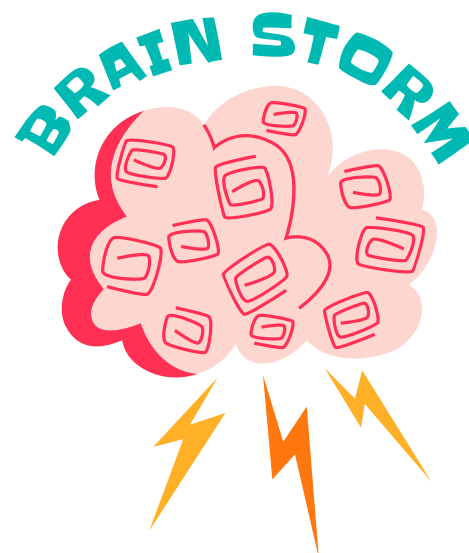
POLICY

NO PHONES IN CLASS/WORK



SKILLS/UNDERSTANDING

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



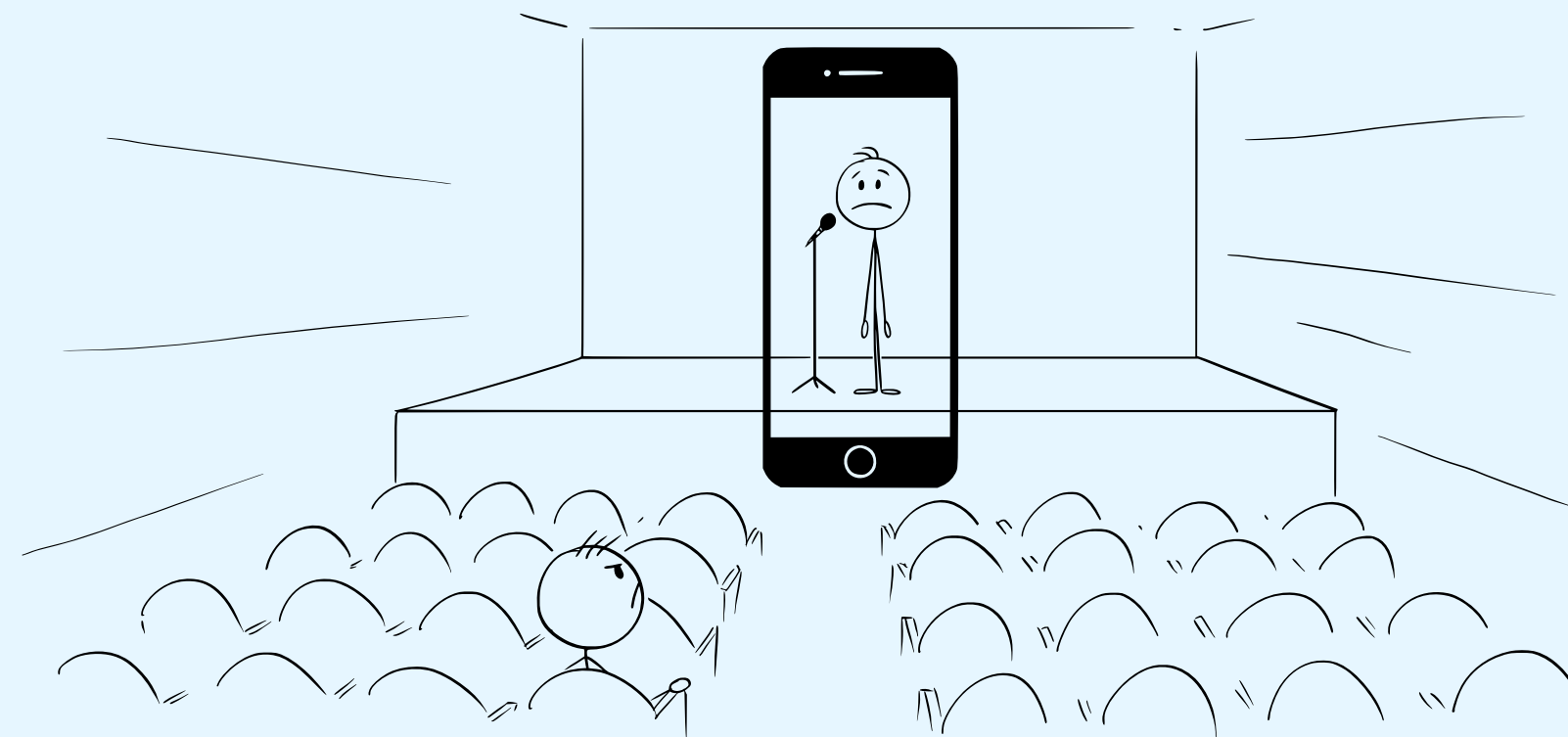
TIME TO BRAINSTORM



ALL THE WORLD'S A SOCIAL MEDIA STAGE

Erving Goffman was a Canadian sociologist who studied everyday social interaction. He believed that people “perform” different versions of themselves depending on their audience and introduced the idea of:

- **Front Stage Persona:** Public self, curated for others.
- **Backstage Persona:** Private self, authentic, free from scrutiny.



THE DEATH OF THE ALLUSION

As media, content, and experiences become increasingly personalized, it is harder to assume that students share the same cultural touchstones. **And when shared culture disappears, so does one of our most powerful teaching tools.**

How this impacts teaching and learning:

- Metaphors, examples, and references that once helped ideas “click” may no longer land.
- Teachers must spend more time explaining the reference instead of the concept.
- Shared understanding is harder to build in fragmented cultural spaces.

