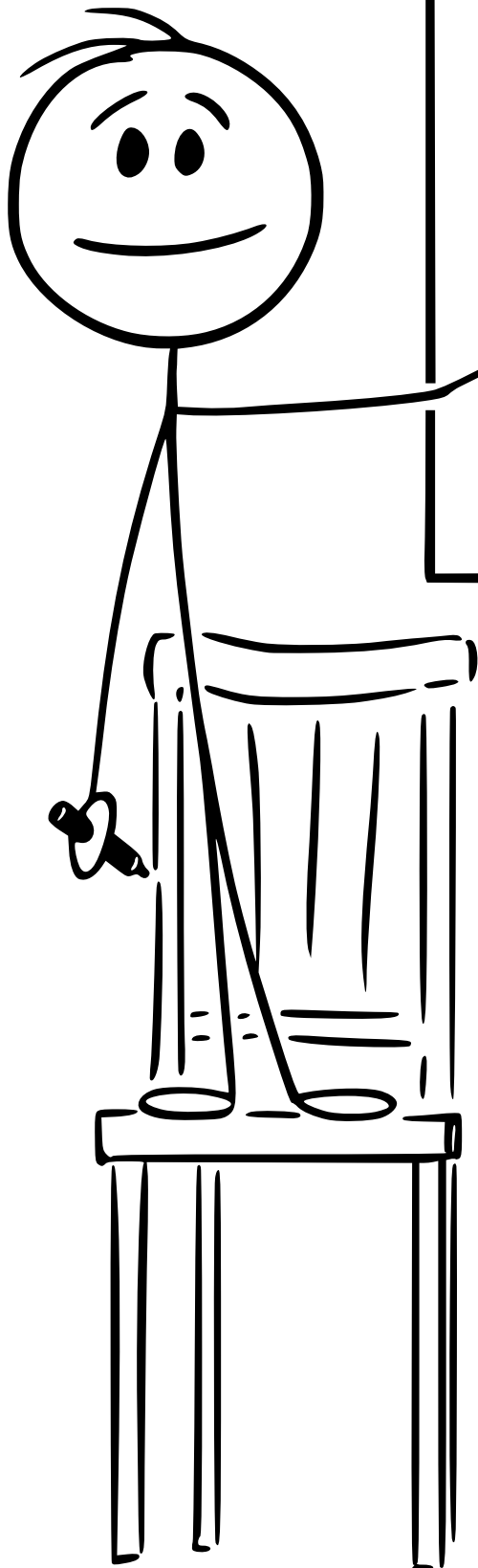


**WHY YOU SHOULD  
NOT LEARN WITH  
A SMARTPHONE  
NEARBY**



# WHY YOU SHOULD NOT LEARN WITH A SMARTPHONE NEARBY

Smartphones are designed to grab and hold your attention through notifications, apps, and social media.

Even if you're not actively using your phone, the anticipation of receiving a message or notification can **reduce your focus on the lesson.**



# WHY YOU SHOULD NOT LEARN WITH A SMARTPHONE NEARBY

Studies have shown that the mere presence of a smartphone can lower cognitive capacity, even if you're not using it.

This can affect your ability to retain information and **negatively impact deep learning.**



# WHY YOU SHOULD NOT LEARN WITH A SMARTPHONE NEARBY

When you're constantly switching between studying and checking your phone,  
**your productivity drops.**

It takes time for your brain to refocus after every distraction, leading to less efficient studying.



# WHY YOU SHOULD NOT LEARN WITH A SMARTPHONE NEARBY

Working memory is crucial for learning, as it allows you to hold and manipulate information in your mind.

The distraction of a smartphone can reduce the capacity of your **working memory**, making it harder to follow complex ideas or instructions.



# WHY YOU SHOULD NOT LEARN WITH A SMARTPHONE NEARBY

Constant connectivity can **increase stress and anxiety**, especially if you're worried about missing out on social interactions or staying up-to-date with news and messages.

This heightened stress can interfere with your ability to concentrate and absorb new information.



# WHY YOU SHOULD NOT LEARN WITH A SMARTPHONE NEARBY

Seeing a classmate use their phone can create a domino effect, where others feel tempted to check their own phones.

This collective distraction can lower the overall engagement in the lesson, leading to a **less productive learning environment.**



# WHY YOU SHOULD NOT LEARN WITH A SMARTPHONE NEARBY

If you use your smartphone before or during learning sessions, especially in the evening,  
**it can disrupt your sleep patterns.**

Poor sleep negatively affects cognitive functions like memory, attention, and problem-solving, making it harder to learn effectively.





**NO CELL PHONE  
WHILE LEARNING**





**YOU WOULD NOT DRIVE DISTRACTED**

**DO NOT LEARN DISTRACTED**



# **NO DISTRACTIONS**



# **WHILE LEARNING**