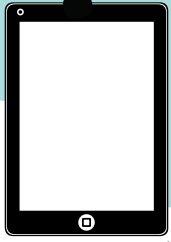
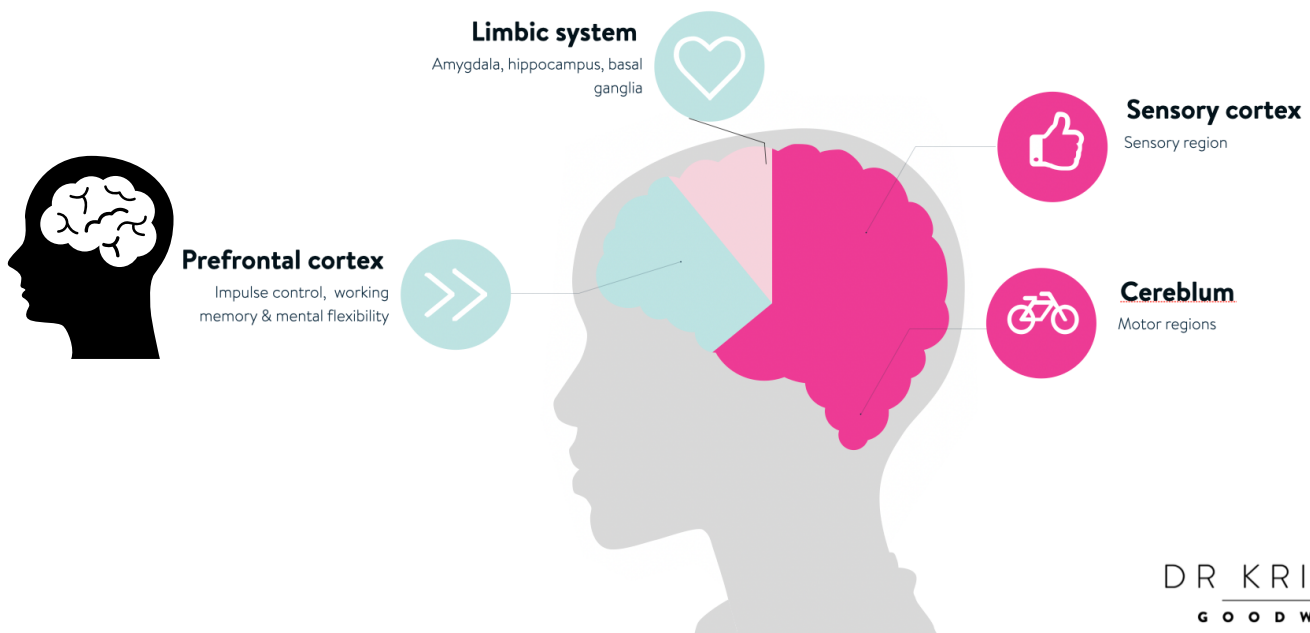


WIRED FOR DISTRACTION



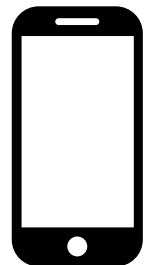
Understanding how students' brains are wired and how technology is designed to prey on their psychological needs and weaknesses helps inform your instructional design.

BRAIN BASICS

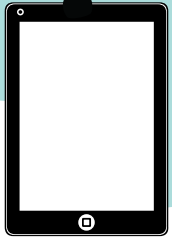


ATTENTION MANAGEMENT

- // Attention management is THE most critical 21st Century skill
- // Attention is hijacked by technology through intentional design choices
- // Developing brain vulnerable to distractions because of psychological drivers & wiring of brain
- // Estimated attention spans- varies from chronological plus 1 minute, to 2-5 minutes per chronological age
- // Attention capacity wanes when students are tired or stressed
- // Multitasking is a myth- increases error rates, makes us stressed, takes 40% longer. Monotask instead.



WIRED FOR DISTRACTION



UNDERSTANDING DIGITAL DISTRACTIONS

// Psychological drivers- connection, competence and control (self-determination theory)

// Digital design techniques- bottomless bowl, use of metrics, novelty factor, intermittent variable rewards, state of flow

// Neurobiological changes- developing prefrontal cortex (impulse control centre), dopamine, altered states



BUILD A FORTRESS AROUND THEIR FOCUS

// Proximity- out of sight, out of mind. Remove tech temptations off home screen.

// Greyscale

// Do Not Disturb mode

// Maximise your windows

// Forest app

// Tech tools (iOS- Screen Time and Android- Digital Wellbeing, all platforms Rescue Time)

// Disable notifications

// Analogue strategies- time it, work in sprints and help students identify their chronotype

