Flipping Digital Distraction

Redirecting Students' Use of Devices

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INSTRUCTIONAL DESIGN
AND EDUCATIONAL ASSESSMENT

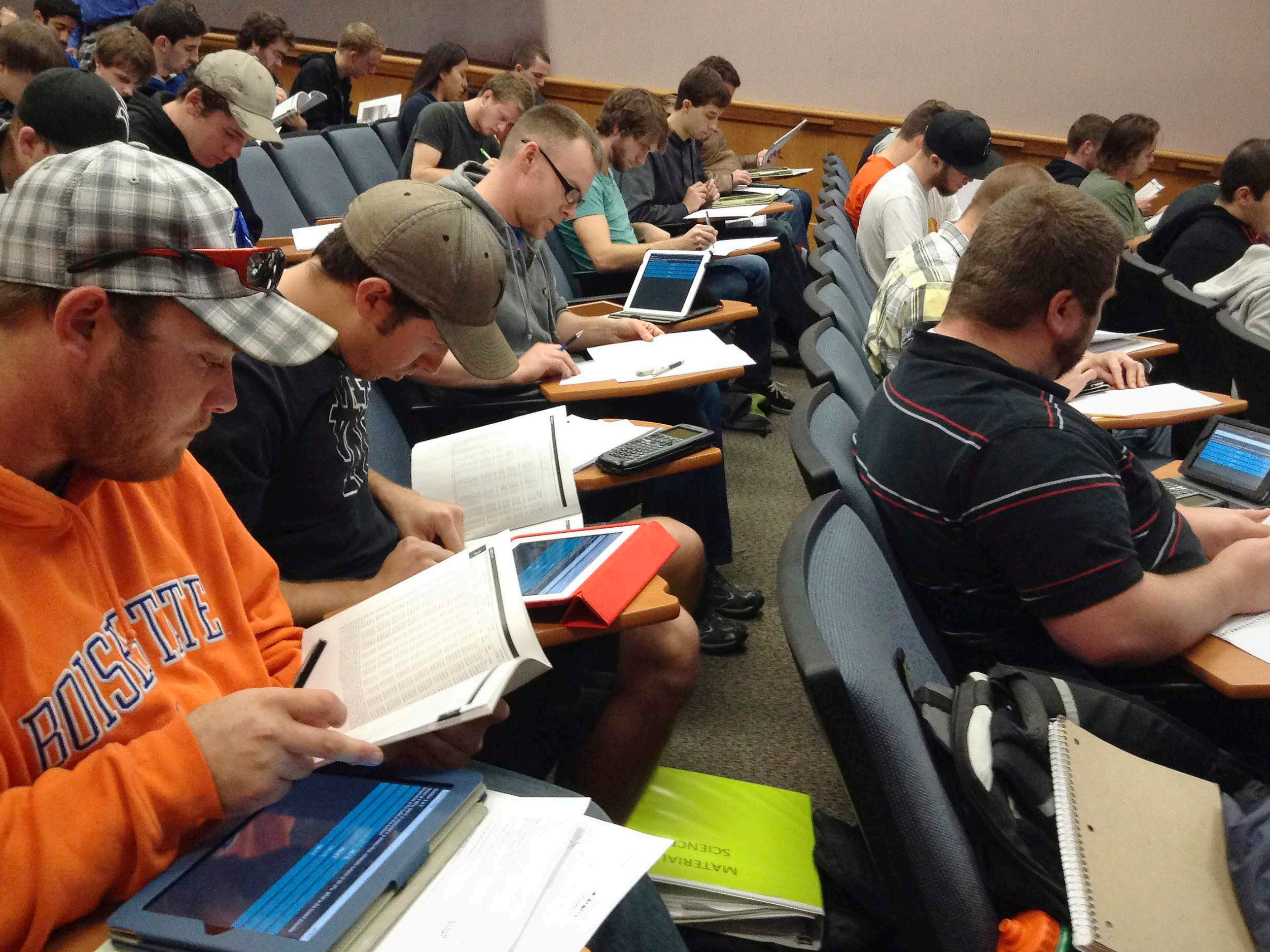
Digital Distraction

Image: http://bit.ly/2cZ4nlo

Multitasking

Image: http://bit.ly/2ddwG5n

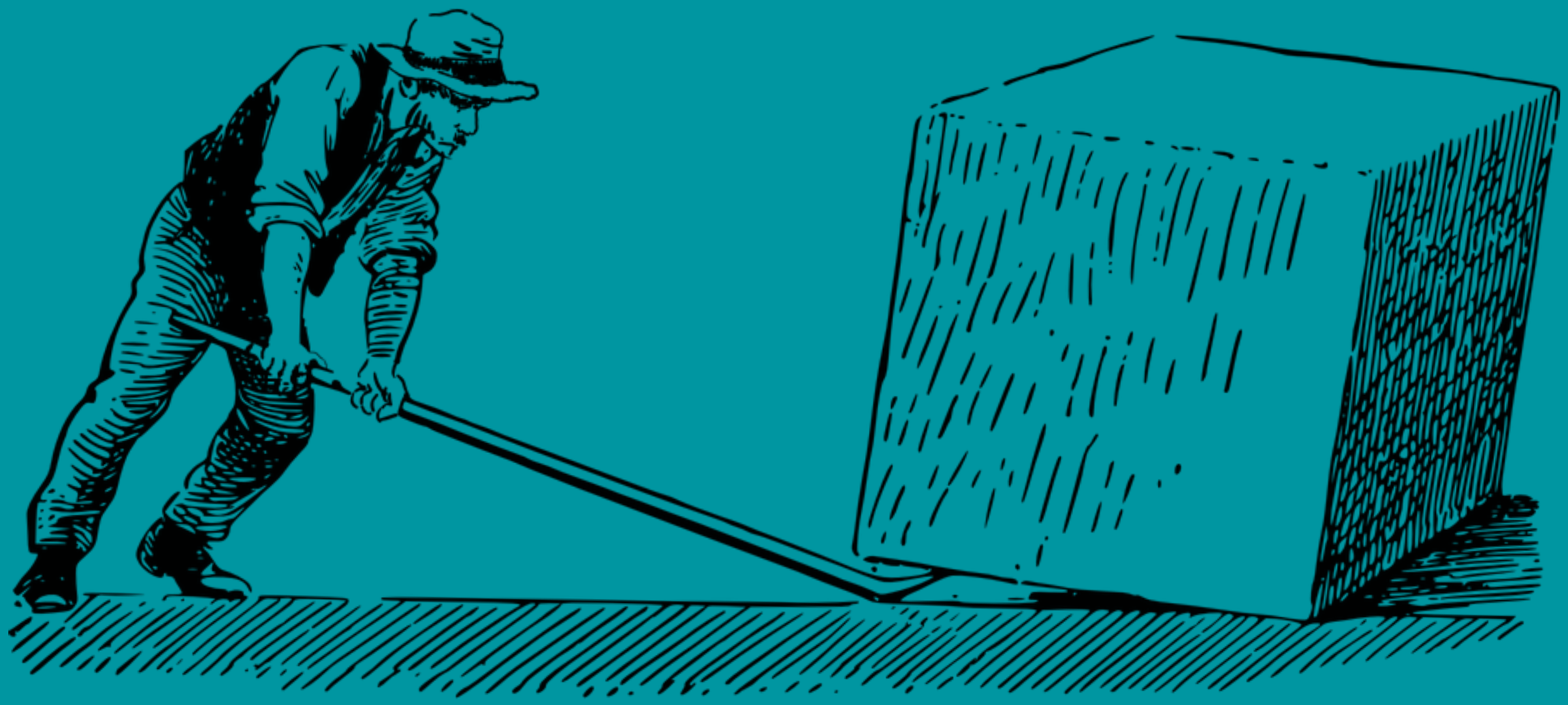
Digital Addiction


BOISTATE

Digital Health

REWARD

RISK



LEVERAGE

COVERAGE

5 Strategies

Digital Distraction_Strategy Table

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01 Digital Use Policy

- Know your audience
- One sentence response
- Consider policy categories

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01

Ban All

Allow All

Selective Use

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02 Policy Statement

- Transparency
- Clearly stated in syllabus
- Opening statement in class
- Restate as needed

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Digital Use Policy

03 Direct Tech Use

- Golden-10-min
- Explain when and why
- Direct focus
- Include tech breaks

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Direct Use

04 Classroom Mgt.

- Create digital zones
- Behind the screen access
- Use tech to help monitor

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Classroom Mgt.

05

Active Learning

- Pair with active learning strategies
- Collaboration tool
- Catalyst for discussion
- Creation or expression

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Active Learning

06 Student Awareness

- Pitfalls of Distraction
- Benefits of Responsible Use

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Multitasking and Digital Distraction

With mobile devices and laptops often close at hand, it can be easy to get distracted during class. However, significant issues surround digital distraction and multitasking in the classroom.

If you don't use your devices mindfully:

- You can miss crucial information, connections, or context.
- You'll have to put in more study time later to catch up with what you missed in class.
- You might have difficulty refocusing during class.
- You might give your instructor the impression you're a less-than-serious student.
- You may distract and frustrate the students sitting near you.
- Your peers may profile you as a poor student and may opt not to include you in their discussion, lab, or study groups.
- You reduce the return on your financial investment in your education.
- You build poor skills and bad habits for the professional workplace.

That doesn't mean digital devices are always problematic, however. There are ways to use them productively to take responsibility for your learning. In fact, you'll likely find thoughtful use of digital devices during class time will deepen your understanding of the course topic and

Summary

- Maximize benefits, minimize risk
- Thoughtfully leverage technology
- Design a digital use policy
- Frequently share policy statement
- Consciously direct tech use
- Have a plan for classroom mgt.
- Pair tech with active learning

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Digital Distraction Resources

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