Alerts, notifications, calls, games and social media have been designed to hijack students’ attention. If they cannot manage these distractions, or if they’re incapable of directing their attention, they will struggle in a digital world. In fact, the capacity to manage attention will be the most vital skill to learn and thrive in the 21st Century as we move into an attention economy. In this practical workshop Dr Kristy helps students recognise (through a series of tasks and experiments) the costs of being distracted and debunks the myth of media-multitasking. She empowers students to understand why it’s challenging to manage their attention, how their attention spans are being sabotaged by technology and shares stories and videos to highlight the learning, emotional and physical costs. Kristy arms students with a range of practical solutions to manage digital distractions, both at home and school, without proposing ‘digital amputation’.

**STUDENT WORKSHOP DETAILS**

**DURATION**

60 minute workshop (minimum of two bookings/day)

**SUITABLE FOR**

Student workshop for kids aged 10-16 years (upper primary and secondary students). Content is tailored for your students’ needs.

**PACKAGES**

Stand-alone student workshop or part of a School’s Package

**BOOKING**

enquiry@drkristygoodwin.com

Dr Kristy Goodwin is a former teacher, digital wellbeing & performance researcher, speaker and author (and a mum who worries about her kids’ digital health). She helps students make informed choices about their digital habits, to ensure that their health, safety and wellbeing aren’t compromised. She translates the research and latest online risks into essential information and tips, for students so that they can navigate the digital terrain safely and with confidence... without suggesting that kids need to give up their mobile devices or abstain from using technology.