

DIGITAL
Distraction
MASTERCLASS
SERIES



 Digital Distraction
Masterclass 
Discussion Starters

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DISCUSSION STARTERS

The following questions are designed to be a catalyst for class conversation. It is important that we don't 'shame' or make students feel guilty' for their digital habits, as this will discourage them from talking to you and/or other adults about their digital dilemmas. It's suggested, if you're happy to be vulnerable too, to share how you struggle with digital distractions too. This is a universal human struggle that we're all grappling with. The following questions are designed to be used after you've watched specific modules and a more general conversation for after all modules have been completed.



MODULE 1 - ATTENTION SPANS



■ Do you feel like you're in control of your focus, or are you easily digitally distracted?



■ Did your FQ score surprise you? Why?

■ How long should students your age be able to pay attention? [Remember, the rough estimate is a child/teen's chronological age plus or minus 1. So a 13 year old would hope that they could focus for 12-14 minutes.]

■ What time/s of the day or night are you more likely to be distracted?

■ What place/s are you more likely to be distracted?



■ What app/device distracts you the most?





MODULE 2 - DIGITAL DISTRACTIONS

- Why is technology so distracting for young people? Which of those explanations do you find most applies to you and your digital distractions? (1. Psychological needs of connection, competence and control, 2. Neurobiological changes- dopamine, developing prefrontal cortex and mirror neurons and 3. Persuasive design techniques- the use of rewards, metrics and the ‘bottomless bowl’ effect)





MODULE 3 - MULTITASKING MYTH

- What happens inside our brains when we try to do more than one thing at a time?
- What are some of the consequences of multitasking? (increased error rates, increased duration, poorer retention of information)
- What are some actions you can take to monotask instead of multitasking? (e.g. closing tabs, disabling notifications, turning the device to greyscale, using the First app, using Screen Time or Digital Wellbeing features)



MODULE 4 - TAMING ATTENTION

- Science tells us that children need 9-11 hours of sleep/night and adolescents need 8-10 hours of sleep/night. A tired brain cannot focus. What are you doing to ensure your tech-time isn't impacting your sleep?
- Physical movement can help our brain to remain alert and focused. What physical movement can you do before your homework or study to help your brain?
- What is your chronotype (i.e. when are you most naturally alert and focused)? Are you a lion (6am-11am), bear (10am-3pm) or wold (4pm-9pm)? How can you structure your study schedule and school commitments in such a way that you study or tackle your assignments in your chronotype's prime focus time?
- What can you do to build a fortress around your focus when you need to study or do your homework? Remember, this is especially important during your chronotype's peak-focus window.
- Kristy talked about how we need to study in sprints, not marathons, especially when working online. How can you structure your homework or study time to meet this biological need?
- Kristy talked about the importance of you taking 'good' micro-breaks. What do you do, instead of looking at your phone, for micro-breaks?



GENERAL Q and A

- Are there any micro-habit/s or strategies that have you already applied since watching Kristy's videos? What have you had success with so far?
- What micro-habits have worked effectively?
- What are some of the digital habits and behaviours that you were already implementing in your life before you watched Kristy's videos that helped you manage digital distractions?
- What's ONE micro-habit that you're committed to implementing for the next month?
- What's a 'digital pact' (a peer agreement) that you and your friends might commit to, to increase the likelihood that you'll implement some of the strategies Kristy shared? (e.g. Can you all agree that you won't send DMs during the school day?)

