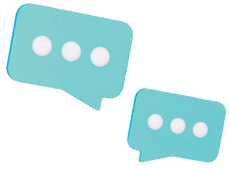




Digital Distraction Workbook



Name: _____



Helping you to build your FQ
(focus quotient) and thrive in
the digital world.



MODULE SUMMARY

- Overview
- MODULE 1 - Attention spans
- MODULE 2 - Digital Distractions
- MODULE 3 - Multitasking myth
- MODULE 4- Taming Attention



OVERVIEW

Have you:

- Completed the **What's Your FQ Assessment**
- Watched the **Student Digital Wellbeing Manifesto** (access [here](#) or in the [portal](#))? This is the same one from the Digital Wellbeing Masterclass so there's no need to watch it if you have already.

'WHAT'S YOUR FQ ASSESSMENT?' REFLECTION



What was your FQ?

- Low Average
- Average
- High Average
- Superior



OVERALL SCORE- /60

You're encouraged to repeat this assessment in a couple of months after you've started using some of the habits from this masterclass into your life and see if there are any improvements.

Remember, there's no need to feel guilty or embarrassed about your FQ score. Adults are conducting this assessment and at the moment, the average adults' score is 'Low Average'.

Ask yourself honestly: do you feel like you're in control of your digital devices, or do your devices control you?



What are the three types of distractions?

- 1.
- 2.
- 3.

Compare how you feel when you monotask versus when you multitask? What do you notice about how you perform and/or feel? Note down your ideas?



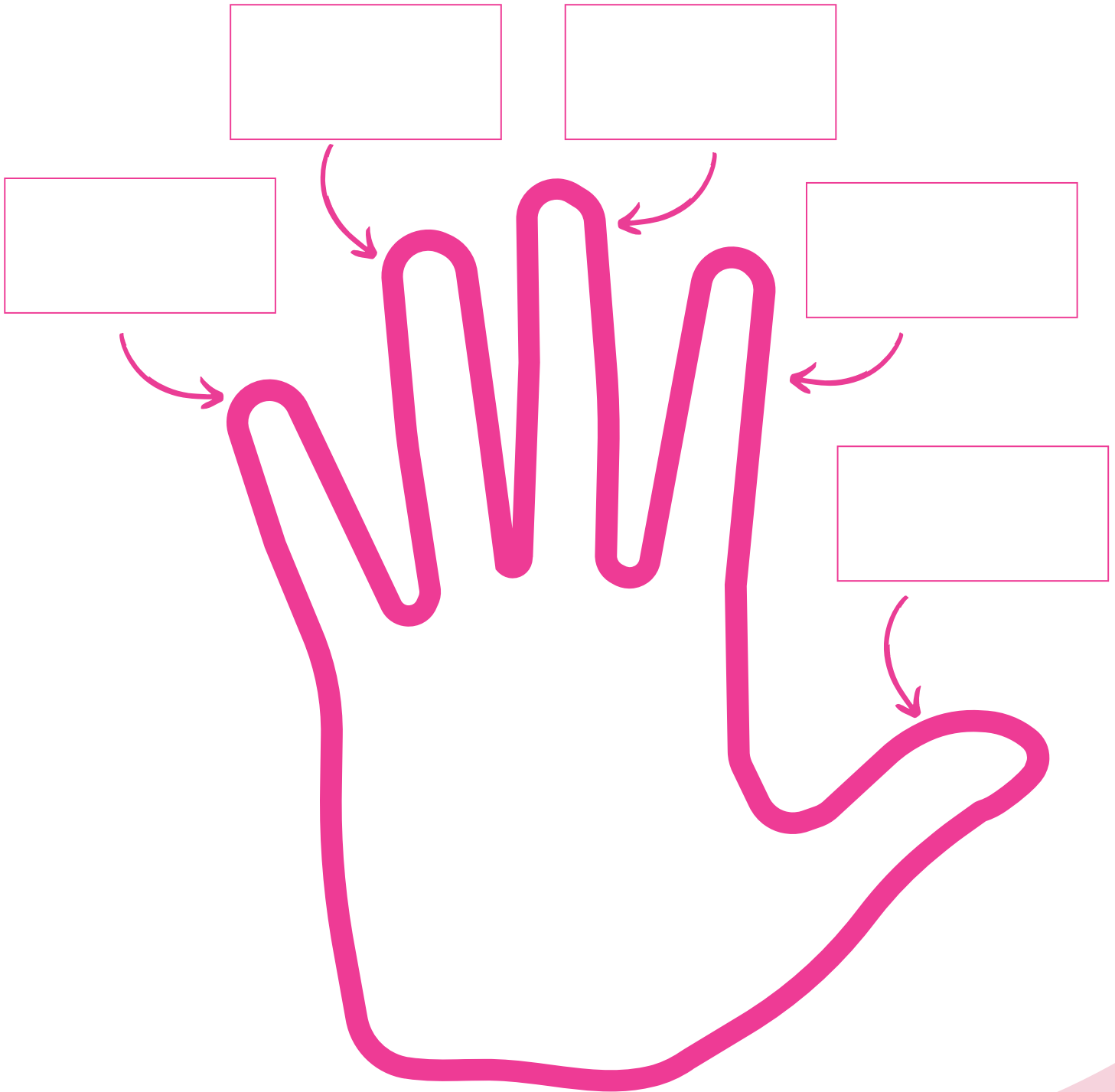
Have you ever had any negative experiences from when you were digitally distracted?





Your five to thrive

Throughout the following modules you'll be encouraged to find micro-habits that you can apply to your tech habits so that you're in control and less distracted by your digital devices. Your mission is to pick five micro-habits (in total, from all the modules) that you can implement so that you have more control over how you use technology.





MODULE 1 - ATTENTION SPANS



What is the simple formula for calculating a rough estimate for a focused attention span? [HINT- it has to do with your chronological age. If you can't remember, go back to Module 1 around the 3:39 minute mark.]



Based on this formula, for how long should you be able to focus on a task, without distractions? [Remember, this is a very rough estimate. Ideally, we want to try to improve your attention span.]



We're designed to work in s _____ not m _____.

What are three of the reasons that's making it harder for students today to focus?

- 1.
- 2.
- 3.



A s _____ brain cannot learn and pay attention.

Is there a micro-habit you can add to your 'Five to Thrive' that will help you to better manage your tech use. Go back to the 'Overview' Module and add any micro-habit/s.



MODULE 2 - DIGITAL DISTRACTIONS

What digital technologies, apps, games, websites or tools suck you into the digital vortex?



What are the three main reasons why we're so easily distracted by technology?
[HINT- go back to Module 2 video- 1:22 mark.]

1. P_____ drivers
2. N_____ changes
3. P_____ design



If you were to identify the ONE main reason about the online world that distracts you, what would it be?



Are there any specific times of the day that you recognise that you're more likely to become distracted by technology?

Are there any 'five to thrive' micro-habits that you can add to the 'Overview' section? Add them now.





MODULE 3 - MULTITASKING MYTH

Let's be honest, do you think you can multitask?

- Yes
- No



EXPERIMENT 1

Trial 1: How long did it take you to monotask (i.e. write all the words and then all the numbers from 23-0)?

Trial 2: How long did it take you to multitask (i.e. write one word and one number. Round, 23, and, 22)?

What did you observe between Trial 1 and Trial 2? Was it easier/harder, longer/shorter, did you make more/less mistakes?





EXPERIMENT 2

What did you notice from trying to have a thumb war on one hand and play scissor-paper-rocks on your other hand?

What are two things that happen in your brain when you multitask?







- 1.
- 2.

What have you learned or discovered about multitasking in this video?



MODULE 4 - TAMING ATTENTION

What's your chronotype? Highlight it in the table below. If you're not sure, or want to confirm what you think your chronotype is, take the [quiz](#) (the link is also in the [masterclass portal](#)).

	 Lion	 Bear	 Wolf
 Ideal Wake Time	6AM	7AM	9AM
 Ideal Sleep Time	10PM	11PM	1AM
 Peak Performance Window	6AM - 11AM	10AM - 3PM	5PM - 10PM

Based on *The Power of When* by Michael Breus, PhD

Are you working in sprints when doing homework or your study (and not in marathons)?

- Yes
- No

Are you structuring your day according to your chronotype?

- Yes - most of the time
- Sometimes - every now and then
- No - I don't do this very often

What are five things you can do and enjoy doing during your micro-breaks to give your brain a rest (that doesn't involve a device)?

- 1
- 2
- 3
- 4
- 5



List five micro-habits you can implement that will help you to better manage your attention span and stop you from getting digitally distracted?

- 1.
- 2.
- 3.
- 4.
- 5.

Are there any micro-habits you can now add to your 'five to thrive' list in the 'Overview ' section? Go back and add them now.



Do you feel more empowered now to tame your digital distractions?

- Yes
- No



Commit to ONE micro-habit that you'll be implementing this week to better tame your digital distractions.
