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Student C

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### Impact of Technology on Patience and Attentiveness

The advancement of technology has made humans much less patient and attentive. Good examples of this can be found in everyday human behaviors such as texting, which causes people to become accustomed to the little effort required to message someone over the internet thus making them intolerant to other methods of communication like talking in person or even over a phone call. Nowadays kids are so used to using instant messaging and being on the internet that they feel the constant need to be connected. Are you aware that MRI research on the brains of people who have trouble controlling this urge to be 'connected' have shown similar brain activity to those who are addicted to drugs and alcohol? This is one of many effects that the internet has on the brain that we will be addressing.

Since the introduction of the internet, many people have pondered over the idea of whether or not the benefits of internet usage outweigh the negatives. Some argue that minds of past generations had no need for a technological data base, while others point out how many people could have been saved the stress of many daily occurrences by simply accessing information from around the world making a 2 man job a one man job and making a job that would usually take hours take minutes instead. we learn from the internet just as it teaches us "in a swiftly moving stream of particles" (Nicolas Carr) Viewing information so quickly as if skimming the

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icing off of a cake creates a lack of depth in the knowledge acquired. Most reading today consists of scrolling, and skimming. Very little time and effort is put into reading in depth to acquire knowledge and then retain that knowledge.

Throughout the few short years the internet has been around there has been increasingly higher numbers of people using the internet as not just a medium for education but for entertainment.

According to Gary Small, the Professor of psychiatry at UCLA (and the director of its memory and aging center) “after just 5 days of practice, the exact same neural circuitry in the front part of the brain became active in the internet-naïve subjects.” What Mr. Small is stating is that through very little effort and time you can form a part of neurological activity only seen in people that have shown to be ‘computer savvy’. What this means is that habits can be formed through a relatively small amount of internet usage and can lead to a full blown addiction to the internet with relative ease. Signs and symptoms of addiction to the internet can be anything from Anxiety, Depression, No sense of time, a sense of Isolation and loneliness and a reduction in patience and attentiveness. The internet has decreased the patience of some individuals so greatly that they cannot drive more than a few miles without feeling the need to use their cellphone. Instead of using cellphones safely for purposes such as educating ourselves some choose to use such a vast medium for information and entertainment to make poor and unthought out decisions that put others and themselves in dangerous situations. This rather narcissistic behavior is not something we are born with but it is something we learn, and what is life and the decisions we make throughout it without the medium(s) by which we are presented. The most important and

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influential of these Mediums is by far the internet. Another example of how our patience has been worn thin by the internet is how students (mostly in high schools) cannot sit through roughly a 1 hour long class without some type of usage of the internet. According to a study undertaken by the University of Haifa "94% of high school students accessed social media on their phones during class over the past year the most common use of the internet in class was to access social media sites, followed by listening to music, playing games, and sending text messages and photos.

Have you ever wondered why technology has become such a part of our daily lives that some continue to use their phones while driving even though they are well aware of the possible consequences? A survey taken by CBS News found that "98 percent of motorists who own cellphones and text regularly said they were aware of the dangers, yet three-quarters of them admitted to texting while driving, despite laws against it in some states." When these 3 quarters were asked why they text and drive they responded saying things like "they are worried about missing out of something important if they don't check their phones right away." Of the people who were questioned just "6 percent answered that they are addicted to texting, although 14 percent admitted that they are anxious if they don't respond to a text right away, and 17 percent feel a sense of satisfaction when they can read or respond to a text message." Some people seem to experience an anxious or impatient feeling when not being able to use their phones even in dangerous and possibly even life threatening situations.

Another way technology has affected humans and the way we learn is how families interact

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at dinner tables. Studies have shown that families are interacting less and less at the dinner table because of technology's influence. According to Deni Kirkova for the Daily Mail.com, roughly "11.4 million tech devices such as tablets, I Pad's and smartphones are being brought to the dinner table." With the amount of internet exposure at dinner tables alone, one has to ask the question: how is the internet effecting my brain? We have established that prolonged internet usage can lead to anxiety and depression. And that internet addicts can get in car incidents injuring themselves and possibly others.

"11.4 million tech devices such as tablets, I Pad's and smartphones are being brought to the dinner table." DailyMail.com Deni Kirkova The Shallows Sept. 15 2014

"in a swiftly moving stream of particles" The shallows Nicolas Carr 2010 W. W. Norton and company.

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