

Distraction, Multitasking & Time Management

Digital Dilemma

Carrie was sitting at her family's dining room table studying for a history midterm. She promised herself two days ago that she was going to study for a couple hours each night until the exam, which was now coming up the next day. Carrie really needed to do well on the test; at her school, the rule was that students could only compete in sports events if their grades were high enough. Carrie was supposed to play in tennis regionals at the end of the month, but she needed to boost her history grade by eight points. The last couple of days were not very productive, so Carrie was really feeling the crunch. She tried to focus, but the material was just so boring. Before long, Carrie found herself scrolling through her news feed instead of her World War I study guide. Then her phone buzzed next to her, and she looked down and noticed she had 22 text messages in her group text. This was not going well. Carrie flipped her phone on silent, turned it upside down, and decided to see if she could find any interesting history videos about World War I on YouTube. An hour later, Carrie had gotten totally pulled into Epic Rap Battles of History and had made no progress on her studies.



Discussion Questions

Self-Control

What suggestions would you give Carrie to help her avoid distractions from studying? How could Carrie use technology to help with — rather than distract from — her studies?

Perseverance

How can Carrie stay motivated even though she may find the material boring? Can you think of some short-term or long-term goals that Carrie could set for herself to help her study (besides being allowed to play sports)?

TEACHING TIP: Students learn as much from failure as from success. Model for them how working hard is a process of ups and downs.

Curiosity

What do you think of school policies that require high grades for sports participation? Do you think it matters what motivates students to study (playing sports vs. learning)? Other than getting good grades, what might motivate a student to do well in school?

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Extension Resources

Suggested Digital Citizenship Lessons



Digital Tools



Compassion creates a culture of students who are one step closer to making real, positive change in their communities.