

Ideas for preventing improper use of technology in the classroom:

Chapter 35 in Communicating Nutrition covers this topic.

Set the stage at the outset of the course with clear expectations for use of technology and importance of focused attention.

The groups discussed how students got used to classes being 100% remote and struggled with in-person at first.

Utilizing technology appropriately as an effective teaching tool can be helpful.

We discussed the concept of “digital clutter” and the need to avoid being distracted by it and learning how to store and organize electronic sources of information in easily accessible ways.

Teach the concept that multi-tasking prevents learning with an in-class/online activity, such as: [https://www.researchgate.net/publication/254049394 Demonstrating the impact of multitasking in the classroom](https://www.researchgate.net/publication/254049394_Demonstrating_the_impact_of_multitasking_in_the_classroom)

Maintain active engagement with notetaking, discussion, activities, etc. Online polls are an example of appropriate use of technology, as is looking up information related to the topic.

Ask students to reflect and share at the end of class – “What’s on your mind today?” and at the start of the next class – “What do you remember from the last class?” – which encourages focused attention.

The resource I referred to regarding the importance of teaching students how to engage in conversation and practicing it, is: *Reclaiming Conversation: The Power of Talk in a Digital Age*, by Sherry Turkle, Penguin Books, 2015. Here is a review: <https://www.nytimes.com/2015/10/04/books/review/jonathan-franzen-reviews-sherry-turkle-reclaiming-conversation.html>

We discussed appreciating the stress that introverts feel when expectations for discussions exceed their comfort zone and providing alternatives to verbal contributions initially with the expectation that over time, engaging in discussion is a necessary skill and an expectation.