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Put Down the Phone Activity

Today, most of us have access to the world by the simple touch of a screen: our smartphones. We communicate with family, friends, strangers by text, social media, email, and sometimes by calling. It is incredible sometimes to think how "connected" we are. Here are some statistics for cell phone usages in the U.S.: <http://www.pewinternet.org/2015/04/01/us-smartphone-use-in-2015/> (Links to an external site.)

There is also a digital divide

<http://www.pewglobal.org/2018/06/19/social-media-use-continues-to-rise-in-developing-countries-but-plateaus-across-developed-ones/#table>

A question that scholars in communication ask: Does being "connected" improve or inhibit our communication? Just as there are many forms of communication, there are many complex answers to that question. A lot of the debate occurs within the study of Interpersonal Communication. Does smartphone usage restrict the amount of interpersonal communication between two people? Does it improve the effectiveness of the communication? How does technology affect our relationships?

For the next 5 days, you are asked to conduct a non-scientific experiment; in fact, this should be classified as an *experience* rather than an *experiment*. Each day of the week, choose a time when you are present with one or more people in a casual setting (meal time, 'water cooler' conversations at work, meeting up with a friend, etc.). During that time, resist the urge to use your phone. No texting, no checking messages, no email. Put the phone away. Turn it off or put it in another room. Focus your attention on talking and listening to the person or people around you. Each time you do this, try to lengthen the time you are able to meet the challenge.

1. Record your experience in the chart provided (or create your own). Submit through CANVAS

2. Write a one –two page response on your “experiment/experience.” Submit online through Assignments.

You can start by answering these questions but you may want to add more. How did giving your full attention to the person(s) you were with change how you communicated? Did it affect your



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listening? What did you retain? Were you comfortable or uncomfortable? How did the person(s) you were with react? What surprised you, if anything?

Record your experience in the chart provided

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
<i>Time of day</i>							
<i>Length of time</i>							
<i>Activity or people you were with</i>							
<i>Observations</i>							