

Reading

The impact of smartphones and mobile devices on human health and life. Leonid Miakotko



Scrutinizing effects of digital technology on mental health
Jonathan Haidt & Nick Allan, Nature (2020)



Digital detox don't actually work, according to researchers.
The independent (2019)



Viewing

Technology and the human mind
TEDx, Susan Greenfield (2014)



Digital wellbeing: understanding your tech usage.
Tech Talk (2019)



The drug like effect of screen time on the teenage brain
PBS (2019)



Additional resources

(you add at least 3 additional sources)

Assignment

1. What is the effect of digital technology on our well-being?
2. What is digital detox?
How does digital detox influence our digital behavior?
3. Can we still have a life without digital technology?
Motivate your answer.

Product

1. You prepare a brief presentation (Quick & Dirty) of max. 10m in which you answer the question from the assignment.
2. You lead a Q&A with your fellow students.
3. You adapt and update your first presentation after the Q&A.
4. You upload your final presentation in the Google Drive within 48h.



Product: Presentation incl. reference/sources
Upload into map on Google Drive within 48h
Assignment 1 - Digital Society
name = digitaldetox.pdf