

MANAGING YOUR MOBILE PHONE

HOW TO USE SMARTPHONES SMARTLY

WORKSHOP SUMMARY

OVERVIEW

Most students now have a smartphone. They are an important part of how we all communicate and find out information, but they are also inherently dangerous to a student's ability to do well at school.

Smartphone usage can be addictive, cause concentration issues and create excessive stress. They can also result in poor sleep patterns. Learning and poor grade results have all been shown to be closely correlated with sleep deprivation in students. Research even indicates that those who study in sight of their phone, even if they don't use it, do 20% worse.

This is a critical problem that needs to be addressed in schools. But what can we and our students do to combat the downsides of these vital devices?

This workshop addresses these questions and teaches students how to manage their smartphones smartly.



KEY MESSAGES

Mobiles and multi-tasking

- Multi-tasking is a myth
- Phone addiction is a phenomenon

Mobiles and revision

- How to stop procrastinating
- The cost of listening to music while studying
- Key strategies to use when revising

Mobiles and sleep

- How much sleep the human brain needs
- The cost of not getting enough sleep
- The nine common sleep mistakes

Mobiles and stress

- Experiencing FOMO
- A warped view of reality
- Digital detox: 12 ways to manage your phone better

THIS WORKSHOP WILL TEACH STUDENTS

- ✓ The good, the bad and the ugly of phone usage
- ✓ How to use their phone
- ✓ Good revision habits
- ✓ The importance of sleep
- ✓ To combat the stress caused by social media

BOOK THIS WORKSHOP NOW

Our workshops are interactive and engaging. It's one of the reasons we get such great feedback from staff and students. Get in touch now to discuss booking this workshop on **020 8693 3191** or **info@innerdrive.co.uk**



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