

Sociologists study how we use our time. For example, American adults average 3 hours and 15 minutes per day on their smartphones and 11 hours on digital media in general. We use our smartphone or tablet for “downtime,” and it adds up quickly. Do you know how much screen time you engage in daily? Use **Screen Time** or apps such as **Moment** (iOS) or **QualityTime** (Android) to track how much time you spend on your smartphone each day. How could spending 21 hours on your phone or 77 hours on digital media each week negatively impact your success in the classroom?

Reducing your screen time and creating a distraction-free learning environment are two simple steps to improving your grades. When students are in class or studying, they can easily be distracted by their phones or notifications popping up on their laptops. Consider downloading the app **Pocket Points** to help you stay focused if you are in the classroom or reading your textbook on campus. Once you open the **Pocket Points** app, it locks your phone and you start accumulating points. The longer your phone stays locked, the more points you earn. You can redeem your points for free or discounted items from local and online vendors. It is a win-win for **YOU!**

We highly recommend you download a **Pomodoro** app such as the **Tomato Timer** to improve your ability to focus on a cognitively demanding task like studying or reading **SY**. If you follow through with these recommendations, you will be participating in “*healthy deviance*,” meaning your personal behavior and attitudes about media usage differ from accepted social standards. For many college students, reducing screen time will result in reclaiming energy, attention, and autonomy, as well as becoming a more productive and healthier **YOU!**

Email us at [Support@SociologicalYOU.com](mailto:Support@SociologicalYOU.com) if you experience some benefits of becoming distraction-free while using **SY**. We love reading testimonials of your successes!

Good luck!

**SYlvia**

# WHAT IS THE POMODORO TECHNIQUE?

A method for staying focused and mentally fresh

*STEP 1*



Pick a task

*STEP 2*



Set a 25-minute timer

*STEP 3*



Work on your task until the time is up

*STEP 4*



Take a 5 minute break

*STEP 5*



Every 4 pomodoros, take a longer 15-30 minute break