

The HLS PsychoAnalyst

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PREFACE

Dear Readers,

With the increasing use of technology it is getting more and more difficult to tackle their detrimental effects. The need to educate the children along with their parent on the ill effects of technology is becoming the need of the hour these days.

In this issue we have dealt with the ill effects of technology and how to deal with it.

In the Words Worth section we have explained that phobia which is common amongst youngsters today. Nomophobia or the fear of being without a mobile device.

In the "Ideas" section we are talking about a new technology ADD-Ed which is using Data Analytics to revolutionize education in India. This method is fast catching up in India and quietly making a revolution in the way the schools are planning to assess the students in the near future.

Hope that this issue will be as enlightening as our earlier ones

THANK YOU!

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Media-Now That You Have It, Better Manage It

Even two decades ago, children used to go outdoors for playing different sports. In those days children were also good at playing imaginative games for which they did not even require costly equipments. Today's scenario has changed dramatically. In the 21st century, the impact of technology is fracturing the very foundation of the family and causing the disintegration of its core values. A study in 2010 by the Kaiser Foundation shows that elementary aged children on use average 7.5 hours per day of entertainment technology.

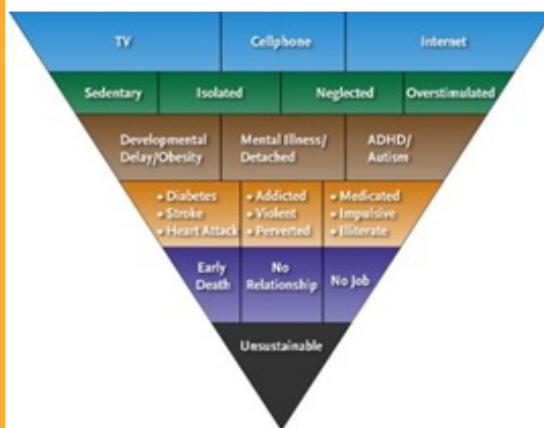


Effect of Technology on Children

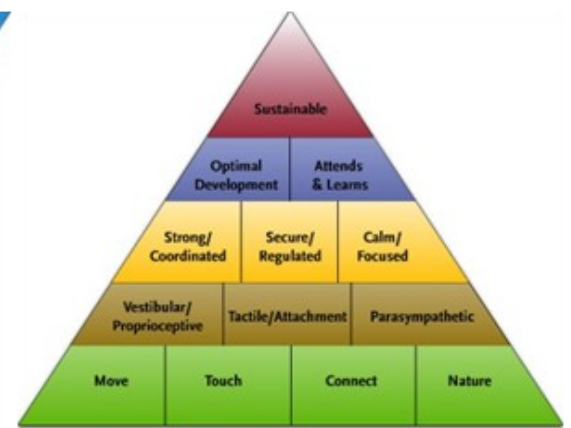
Excessive use as well as misuse of technology and social media has become a menace amongst children including teenagers. Some of the dominant problem areas are:-

Affects Basic Neuro-motor Development

According to Developmental psychology four critical factors necessary to achieve healthy child development are movement, touch, human connection and exposure to nature. Young children require 2-3 hours per day of active rough and tumble play to achieve adequate sensory stimulation that ensures normal development of posture, bilateral coordination, optimal arousal states and self-regulation necessary for achieving foundation skills for eventual school entry. Children now rely on technology for their play and thus these sedentary bodies are bombarded with chaotic sensory stimulation resulting in delays in attaining child developmental milestones, with subsequent negative impact on their basic foundation skills for achieving liter-



Virtual Futures



Building Foundations

Ref: http://www.huffingtonpost.com/cris-rowan/technology-children-negative-impact_b_3343245.html?ir=India&dsSiteOverride=in

acy. Hard-wired for high speed, today's young are entering school struggling with self regulation and attention skills necessary for learning, eventually becoming significant behavior management problems for teachers in the classroom. Further analysis of the impact of technology on the developing child indicates that while the vestibular, tactile and attachment systems are under stimulated, the visual

Media-Now That You Have It, Better Manage It

and auditory sensory systems are in "overload." This sensory imbalance creates a huge problem in the overall neurological development.

Affects Ability to Empathize

A study on two groups of sixth graders found that kids who had no access to electronic devices for five days were better at picking up emotions and non-verbal cues of photos of faces than the group that used their devices during that time. Over use of technology can also affect a child's own mood. A report from one expert explained that with less physical contact children might have difficulty developing social skills and emotional reactions.

Affects Privacy and Safety

Children who use technology may unwittingly share information that can put them in danger. In 82% of online sex crimes against children, the sex offenders used social networking sites to get information about the victim's preferences. And the anonymity of technology can also make it easier for people to bully others online. 25% of teenagers say they have been bullied either by text or on the Internet. Sexting is another high-risk behavior of concern with 24% of teenagers aged 14 -17 have participated in some sort of nude sexting.

Affects Physical Health

Childhood obesity is on the rise and technology may be one of the reasons. One study says that obesity is on the rise not just because of the amount and the type food but also as a result of the overuse of technology resulting in little or no exercise. With technology, that includes cars, television, computers and mobile devices, the amount of time we spend sedentary has increased and our time in physical activity dropped.

WHAT TEACHERS CAN DO ?

Today's students might just prefer technology-based instruction using all the 4 C's (curation, consumption, connection, creation). Teachers have a responsibility to help them navigate and learn what works best for them. Teachers have a responsibility to open their eyes to different ways of using technology for learning. For educators to fulfill that responsibility teachers also have to see it as their role. Teachers can channelize their endeavour in two ways, educating students and educating parents.

EDUCATING STUDENTS

Build Self Awareness: First and foremost teachers need to be well aware of all the technology and media related incidents occurring in the society and their effect on students.

Develop a Culture of Awareness and Support: It is important that schools discuss these challenges openly. Dialogues about proper use, cyber bullying, sexting, and many other realities of social media uses are vital. Schools, along with their teachers, need to arrange workshops to make students aware of the ill effects of technology and how they can fight it. They should also encourage students to talk about their concerns, as well as the fun uses of these technology tools. Two vital thoughts that needs to be inculcated in the students are:-

Technology is disruptive

When you stay signed into social media and allow notifications even if you are learning, you are wondering what are you missing, this leads to broken concentration, shortened attention span and learning becomes fragmented.

Limiting yourself is not bad

You can set self-imposed control regarding how much technology to use in a day. Teachers are there to help you out by analyzing the problem and offering ideas to avoid excessive usage.



Words Worth

Nomophobia: fear of being without a mobile device

If you're a cell-phone addict, this phobia may resonate with you. Nomophobia ("no-mo" is short for "no-mobile") was coined in a 2008 study by the UK Post Office and has been brought to light in popular media.

"Recent discussion has questioned the disruption to one's functioning [a cell-phone] may cause when an individual experiences distress when unable to access their mobile device, or even the distress associated with catastrophic 'what if' thoughts regarding the potential for losing contact with his or her device," Deibler says.

This phobia generates panic or feelings of anxiety when your phone isn't available. Specific fears include losing reception, running out of precious battery power and, worst of all, losing your phone.

Media-Now That You Have It, Better Manage It

Provide a Way for Students to Report Issues: Students need to know who they can turn to when they become aware of or are victims of an issue that arises for them on social media. There should be a clear direct way for them to do this. So it is a vital responsibility of the teachers to create a friendly and approachable environment in the class.

Develop a Peer Mediation Program: Schools can provide a platform for students to help each other work through issues, including social media based challenges.

Define Consequences: Students need to know that if they violate the social media code of conduct they are subjected to defined remedial actions and loss of privileges.

EDUCATING PARENTS

Educating parents is a key component of a proactive effort to control social media driven problems with preteens and young adolescents. Educators need to make a point of getting parents involved in the conversation and the sooner it is done the better. Schools along with their teachers can even conduct workshops to help parents to deal with their children. Here are some suggestion that teachers can share with parents regarding balancing media influence.

It is important to come together as parents and teachers to help society "wake up" and see the devastating effects that technology has not only on our child's physical, psychological and behavioral health but also on their ability to learn and sustain personal and family relationships. While no one can argue about the benefits of advanced technology in today's world, connection to these devices may result in a disconnection from what society should value most, children.

Idea – *An idea that can change your teaching*

ADD-Ed Analytics and Diagnostics for Development of Education

The use of technology in the current era of mankind is more than it ever was. It was only the question of sooner than later that the education sector will be filled with so much of technological innovations and hoards of start-ups that will emerge with their unique and sometimes groundbreaking products and services which will change the way learning has happened to students up until now.

Technology has also provided teachers and educators with several useful tools which are helping them in planning their teaching in more effective manner.

Technologies such as e-learning boards and multimedia contents are trying to make the learning process of students more interactive where a lot of companies are now coming up with online study materials, tests and reports. While the value generated

by these companies have not been questioned much by the academicians, their acceptability amongst students and school still remain at large due to their forced use of recurrent materials via these solutions.

In the field of education we need a proper 'Education Intelligence' which will serve as a major catalyst for informed decision making in the field of education. Data analytics can work as a proper tool which will enhance educators' understanding of the learners' ability in the most real time and accurate manner.

Once we have assimilated the learning process of the learners we will be in the better position to make informed changes to reform the education process.

How Parents Can Balance Media Influences

- Control the amount of TV and other media and the types of programmes that your children are exposed to by setting limits
- Look at movie ratings and make sure your children are watching age-appropriate movies
- Know what your children are doing on the Internet.
- You can provide your children with the right messages to replace the wrong ones.
- Consistent messages from you can counteract all of the junk they may hear and see in the media, and the pictures some kids post on their Internet sites.
- Teach your child that not everything they hear on TV or the radio is sensible or true and explain why.
- Caution them about how smoking, drinking and use of drugs are portrayed on social networking (Facebook, MySpace, Twitter) and other Internet sites.
- Start having these conversations before your children reach the teen years.



ADD-Ed-Analytics and Diagnostics for Development of Education

There can't be a better time than this to appreciate the value that the start-up ADD-Ed is trying to create. ADD-Ed which stands for 'Analytics and Diagnostics for Development of Education' is an education technology start-up which is founded by alumni of IIMs & IITs and Mr. Amitabh Mohan, one of the leading psychologist in India. ADD-Ed is using various tools from the field of data analytics and using it along with academics and psychology to provide 'real time and continuous' assessment and reporting solution to schools. It is highly appreciable how ADD-Ed is trying to find the core learning process of learners via using data analytics and helping them learn in a better and effective manner by providing feedbacks and suggestive measures which are highly personalized and psychology based for every student. One thing which has always been really important for the educators but was always neglected, is providing assessments/reports which are in-process and not conclusive at the end of a session or a program. ADD-Ed has solved this key of providing real time assessment and does so by providing monthly assessment reports to students, parents and teachers. However, we should keep in mind that the in-process assessment comes with a requirement of a very transparent system from the side of educators. Educators' focus on analytics has mostly been due to the purpose of reducing the student dropout rates in schools till date. Rather than showing best of the results to all, just to please everyone, they need to take a hard stand of showing real time and accurate performance reports which will force them to take measures to improve the learning in actuality. ADD-Ed will now help educators in doing so.



Many such start-ups from the field of education technology need to come up with focusing more upon data analytics in order to modernize and transform the universe of data is being gathered with educators but with minimum of effective usage. Their objective must be to use this sea of data to find out most valuable information and handing them over to the people who will then make decisions that can revolutionize the way students' learning and teachers' teaching has happened till date.

Dreamers are Believers

Believers are Achievers

Amitabh Mohan



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