

# Focusing on Distraction

## Reflection Questions

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### Classroom Reflection

Knowing that the ability to focus is the strongest predictor of success, how does that affect your view of how students do work in your classroom?

Knowing that students may be mentally unable to detach from their devices while in your classroom, how might you restructure your assignments and/or use of instructional time?

What might you do to encourage or protect the social interaction experiences in your classroom?

How will you develop your students' understanding of the myth of multitasking? How will you emphasize the importance of this understanding throughout the school year?

What steps will you take to teach your students how to refocus? How will you teach students what distraction looks like and strategies to avoid it?

Most of our students are raised to be followers. What steps will you take to help them learn to become independent, self-starters? How will you help them build stamina for that independence?

How will you work-in technology breaks during the weeks or quarters students are in your class? How will you teach students how to unplug, whether at school or at home?

Think of the *5 Tenets of Choice* as practiced by Pernille Ripp. Choose a project from one of your courses and decide in what way you will provide at least two(2) students choices during that learning experience.

### Personal Reflection

If you have time...

Do you find yourself distracted by technology?

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Do you feel any of your devices dictate how you use them or are you in control of that time?

In what ways will you adjust your personal use of technology during the day?

Do you find that you have a lack of quiet or alone time to let your brain refocus and recalibrate? If not, in what ways could you adjust your tasks during the day to accommodate for that space? (After all, if you do not feed yourself, you cannot feed others.)

How are you connecting with your children or students with technology?

How are you modeling positive technology-use choices with those you influence?

Think about this topic of *focus and distraction*. How will you talk about this with your friends and family?