

Why Keep Their Devices Turned Off and Put Away While at School?

(adapted from [Turning Life On](#))

Students who engaged in media multitasking during class, that is, using multiple forms of technology, including handheld devices and computers, to access the internet and/or social media, scored lower on tests and in some studies earned lower grades.

Students who received notifications during class, even though they did not respond, were just as distracted as active users of mobile devices and performed poorly on tasks.

Students who used no technology during class outperformed those who used some. Students who texted during class performed poorly.

Even the mere presence of a device negatively impacted test scores and grades. “Out of sight” does not mean “out of mind.”

Students who believed they could multitask and text during class without being distracted still scored lower on tests despite intellectual ability.

The effects of devices on test scores and learning are not necessarily related to emotional regulation. Devices can negatively affect all students regardless of mental health, emotional stability, or intelligence.

The part of the brain responsible for analytical learning - the hippocampus - is not used when distracted either by external or internal drivers.