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Brain-based Learning and Technology

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How do you use technology?

1. How many of you use email?
2. How many emails do you get a day?
3. If you text, how often do you text?
4. Have you ever text while sleeping?



Other impacts from technology:

1. Multi-generational communication
2. Multi-tasking
3. Potential for instant gratification



WONDER

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Discuss brain biology & connections



- Shaping - building new connections
- Frontal lobe and multi-tasking
- Addiction

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Leads to communication issues

Pros

- Fast information
- Visual acuity
- Transforms life

Cons

- Divided attention
- F2f skills declining
- Lost opportunity

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How to better manage the effects of technology on our brains?

- Take breaks
- Disconnect at night
- More face-to-face
- Credible resources
- Team preferences
- Team guidelines
- Schedule *wonder* time



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“Technology is not the enemy. The enemy is too much technology”

-Dr. Gary Small, neuroscientist University of CA, Los Angeles

I-Brain: Surviving the Technological Alteration of the Modern Mind



Survey



www.tinyurl.com/kmd5lrs



Thank you!

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Next up:

Advancing Global and Virtual Supply Chain Team
Performance

-Dr. Gordon D. Smith



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