

## **Summary and Response Final Essay**

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Imagine a world where knowledge, connection, and creativity are always within arm's reach—thanks to the very device that Nicholas Carr argues is "hijacking" our minds. But what if, instead of undermining our intelligence, smartphones are actually enhancing it? Smartphones and technology offer numerous benefits to our minds, from helping us learn a new language to providing facts about countries we wish to visit. They can even assist in managing anxiety and stress, contributing to a longer, healthier life.

Nicholas Carr believes that technology, particularly smartphones, inhibits our ability to focus in classrooms or workplaces because we have become overly dependent on them. However, Carr overlooks the fact that smartphones also provide access to apps and tools that enhance productivity and learning. They offer practical solutions for managing stress, anxiety, and procrastination, through specialized apps designed to help people tackle these challenges and live more easily. From note-taking apps to educational platforms, smartphones allow users to multitask efficiently, stay organized, and manage procrastination, ultimately strengthening cognitive abilities rather than weakening them.

Carr also argues that smartphones are shortening our attention spans, making it difficult to focus for extended periods. While there is merit to his concern that smartphones may affect our ability to retain information, these devices can also serve as valuable external memory aids. By offloading routine tasks such as reminders, contact details, and schedules, smartphones free up mental resources for higher-order thinking and problem-solving. Furthermore, many individuals struggle with procrastination, but smartphones can help by setting alarms or reminders to take breaks from their phones and work on assignments or chores. In this way, smartphones can become tools for managing time and rewarding productivity.

Carr further claims that technology discourages people from exploring the world and meeting new people, keeping them confined to their devices. While this may be true in some cases, technology also fosters connections. For example, video games encourage players to collaborate and communicate to achieve common goals. Although these goals may seem trivial, they promote social interaction and may even inspire people to engage with others in real life. Smartphones facilitate communication and knowledge-sharing across the globe. Rather than isolating us, they promote continuous learning and intellectual collaboration through social media, discussion forums, and instant access to vast information.

In response to Carr's argument, I suggest that we view smartphones not as cognitive inhibitors, but as tools that can enhance our minds. Technology can help us manage our time, emotions, and relationships. It enables us to connect with people we may not be able to see often and provides tips for breaking down complex tasks into manageable steps. Ultimately, technology is here to improve our lives and alleviate stress. The issue is not with the technology itself, but with how we choose to use it.