# **Summary and Response Essay Outline**

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Com 1010: Comp and Critical Thinking

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Oct 6, 2024

## The Positive Impact on Technology in Our Lives

In today’s rapidly evolving world, technology is a pivotal force reshaping our lives, enhancing the way we communicate, learn, and work. Have you ever felt frustrated when talking to someone who is distracted by their phone? Your immediate thought might not be about the skill it takes to multitask, but rather why they aren't fully present in the conversation. Engaging with technology exercises various cognitive skills that often go untapped in traditional interactions. While many people focus on the drawbacks of technology, it's essential to recognize its benefits.

## Making Connections

The internet provides us with the opportunity to connect with peers who may be far away. Living four hours from friends and family can be challenging, and I often find myself missing them. Thankfully, the internet allows me to reach out whenever I want—whether through Snapchat, FaceTime, or by sharing a funny TikTok. These platforms have made it easier to maintain relationships despite geographical barriers. Without these connections, I would feel isolated and disconnected from those I cherish.

Consider the inspiring example of Malala Yousafzai. After surviving an assassination attempt by the Taliban in 2012 for advocating for girls' education, she utilized social media to share her story and garner global support. Through her Twitter account, Malala connected with leaders, activists, and individuals worldwide, amplifying her message about the importance of education. Her online presence was instrumental in her receiving the Nobel Peace Prize in 2014, as the connections she built enabled her to influence policy changes and inspire countless advocates for education. Malala’s story exemplifies how technology can transcend borders and unite people around a common cause.

**The Many Uses of the Internet**

Technology has revolutionized our access to information and the resources we use in our daily lives. The internet serves as a source of entertainment and has significantly advanced various sectors, particularly healthcare. Innovations in medical technology have improved diagnostics, treatment options, and patient care, leading to better health outcomes. In the workplace, things like digital collaboration tools and enhance productivity foster efficient workflows and innovative problem-solving. Furthermore, the internet keeps us informed about global events through articles, news reports, and blogs, ensuring we stay engaged with the world around us.

**Engagement and Cognitive Development**

Many of us have experienced moments when we speak to someone who is engrossed in their phone. This reflects how technology engages us in various cognitive processes. According to the article "The Online Brain: How the Internet May Be Changing Our Cognition," engaging with the internet enhances skills such as hand-eye coordination, learning new motor skills, and even acquiring a second language. These benefits often go unrecognized. For instance, platforms like Khan Academy use personalized learning paths and instant feedback to create a highly effective educational experience. Users earn badges and points for completing exercises, fostering motivation and a sense of accomplishment.

Additionally, video games have been shown to improve cognitive functions, including problem-solving skills and spatial awareness. Many educational games are designed to challenge players while keeping them engaged, promoting learning through interactive experiences. Research shows that students using Khan Academy tend to achieve higher test scores and a deeper understanding of subjects compared to traditional learning methods (Karp, 2018).

## Conclusion

Engaging with technology exercises a wide range of cognitive skills that traditional settings may not nurture, fostering critical thinking, problem-solving, and creativity. Our brains adapt to new ways of processing information and interacting with the world. Technology enhances communication by connecting us with diverse perspectives and facilitating collaborative learning across global boundaries. The internet offers invaluable resources, allowing us to communicate with others, access information quickly, and develop our technological skills.

It's clear that technology enriches our personal and professional experiences while equipping us with essential skills for success in an ever-changing world. While many focus on the negatives of technology, it’s crucial to acknowledge the substantial benefits that come from engaging with it. Ultimately, engaging with technology is not merely a means to an end; it is a transformative process that prepares us to navigate and thrive in a rapidly evolving future. Embracing this engagement opens up a world of opportunities, enabling us to connect, learn, and grow in ways we could have never imagined just a few decades ago.

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## References

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