

Project D Pre-Reading Questions

- 1) What are some primary causes of increased screen time among college students? **The primary causes are online classes, digital assignments, social media, and constant access to phones and laptops.**
- 2) How does excessive screen time affect students' mental health? **Excessive screen time can lead to reduced face-to-face social interaction, feelings of isolation, and decreased well-being.**
- 3) What physical health problems are mentioned as consequences of too much screen time? **Health problems include eye strain, poor posture, headaches, disrupted sleep, and physical inactivity.**
- 4) How does screen time affect academic performance? **Too much screen time can lead to decreased focus, procrastination, and lower academic achievement due to distractions and mental fatigue.**
- 5) What role does social media play in the screen habits of college students? **Social media contributes significantly to increased screen time and can affect self-esteem and mood by encouraging comparison and constant engagement.**

SOURCE: [The impact of Screen Time on College Students: Finding Balance in the Digital Age](#)