Hello everyone, today I’m going to deliver my presentation about “Why Our Screens Make Us Less Happy”, and the lecturer is Adam Alter. To commence, Alter introduces the concept of "dogfooding" in the business world, where companies use their own products to demonstrate their confidence. However, there are exceptions to this practice.

Steve Jobs is an instance. Despite promoting the iPad, Jobs limited his own children's screen time. ***This conflicting idea makes us think about how these choices affect how much we use our digital stuff.***

Then he highlights the amount of time people spend in front of screens and how it encroaches on their personal time, which is considered sacred and important for individuality, relationships, creativity, and self-reflection.

**And the classification of apps into // those that contribute positively to well-being // and those that diminish happiness // is another pivotal point.** From relaxation, exercise, and education apps to the less favorable ones like dating and social networking, Alter underscores the substantial time we allocate to the latter category.

Further, he discusses the absence of stopping cues in modern media consumption. Unlike the 20th century, where various media had natural endpoints, our current digital landscape lacks such boundaries. This continuous, bottomless nature of screens can be harmful.

He then gives examples of two companies that illustrate great ways to encourage a healthy work-life balance.

Moving towards personal strategies, Alter suggests strategies to reduce screen time, such as creating rules for specific occasions like meal times, and gradually expanding them to other parts of one’s life.

He concludes by emphasizing the need to disconnect from screens occasionally to enjoy a richer life.

I believe that Alter's mention of "screens making us unhappier" is indeed a new social norm. But I feel that the solution he proposes seems to have a somewhat radical inclination towards " cutting off from screens," looking down upon electronic devices, and I don't think that’s a healthy attitude. I think we need to have a level-view perspective on electronic products.

First, in my personal experience, if I look up to electronics, I ***often*** fall into the "novelty-boredom-regret" circle. This is exactly what is called "screens make us less happy". Just like every holiday in my middle school period, suddenly with electronic devices and plenty of time, it was just impossible to study at the beginning of my holiday. But after a few days of decadent and crazy entertainment, I gradually realized that the content that once fascinated me on platforms like Bilibili or YouTube started to seem similarly monotonous. Ultimately, when I came to my senses and recalled the time that should have been used for "overtaking in corners", I couldn't help but feel deep regret.

Second, I believe a more appropriate attitude is to treat **//** screens and all the information attached to them **//** as tools for assisting our lives, just similar to paper, pens, and coffee. As Caffeine abuse leads to sickness, the term 'tool' implies a rational attitude of 'using it only when needed.' I understand everyone is familiar with the argument about the 'harm of screens,' but I'm sure you also have classmates who are good at playing games and excel in their studies, right? I had such high school classmates. During the last week before Gaokao, they played games almost every night in their dormitory. In the end, all of them got admitted to Zhejiang University. Such rebellious behavior can certainly be criticized simply as 'risking their lives,' but if we consider this behavior as a release from immense pressure, and as a confrontation between the tool ‘screen’ and the daily high workload, I think it’s a more reasonable explanation.

Last but not least, if "screen" is regarded as a symbol of new technology and a new era, then I believe that the 'level-view' attitude holds a broader significance. Behind the screen lies the internet, AI, and the fourth industrial revolution. It’s on the brink of arrival. We need to embrace the wave of technology, and the 'level-view' attitude is the key. Furthermore, in the foreseeable future, the majority of competition in the world will continue to exist between humans rather than between humans and machines. The importance of 'screens' and all new technologies as 'tools' will be even more prominent in this competition. In the foreseeable future, it's not AI that will replace jobs, but individuals proficient in using AI. From this macro perspective, Alter's slight resistance seems inappropriate.

In conclusion, the overuse of electronic devices does indeed impact our quality of life. However, as rational people, we should view screens with a balanced perspective.

Thank you.