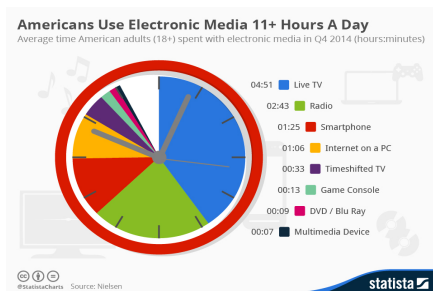


What is interaction?

Life requires communication. Work, play, leisure, love all find their foundation in interaction. What is the trick to finding happiness in these things? Why is it easier for some people? How can it become easier for me? Just like all habits, the earlier you start the better. It is important to identify inhibitors to such a vital skill and see what we can do to grow better at speaking. Practice is the essential component to this process. Reading some of the tips (we like to call them “steps”) provided will not cause a shift. Only you can! We hope to provide some food for thought and challenges to initiate your first steps into a more fulfilling and joyfully communicative life.

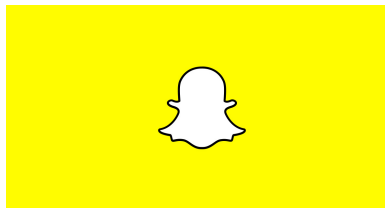
Inhibitor One

Electronics Usage: Technology is amazing and helpful and efficient and beautiful. However, like most things, they require moderation. The more time you spend looking at a screen, the less time you spend talking to people. This loss of practice time starts as soon as a kid is handed an iPad instead of a book or a dad picks watching the football game over listening to his kids recap their day. Seems like a small thing, right? These things, however, are the formation of a habit.



Inhibitor Two

Social Media is a fantastic means of giving family, friends, and acquaintances updates on your life. Instagram, Facebook, Twitter, and Snapchat are essentially a way to communicate. At what point do we violate the purpose of these things? Just like violating the nature of your nephew's floaties by trying to hammer a nail with them, these communicative applications can have their very nature violated. When they are used to “hide” from the world, you oppose the very reason they were made: to exist in the world! They do not replace verbal communication but are merely a different representation of speaking. We hope to raise awareness of the violations of nature that all too often occur in these tools.



Steps

The way to grow in communication is through practice. We hope to aid you grow by giving opportunities or “Steps” towards this hope of a happy, communicative life. Here are some examples...

Give a smile to every person you make eye contact with for a whole day.

Say “Hey, insert name” to everybody whose name you know when passing them.



Hold a conversation about somebody's day, and listen!

Learn the name of one stranger.

Ask a server or cashier how their day is going.

Say yes to every invitation you receive for a week (unless the times conflict).

Feel free to check off those challenges you complete

Who We Are

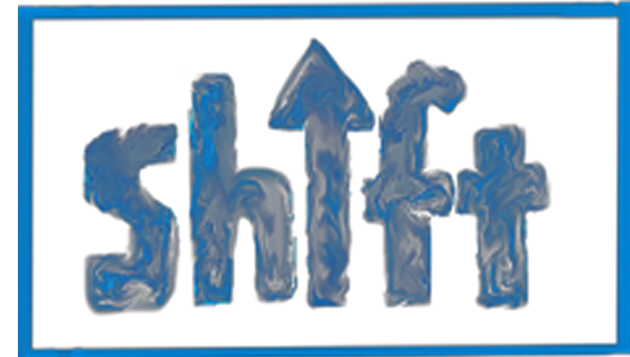
The Shift Project was founded in March 2017 by three seniors from the first graduating class of Frassati Catholic High School in Spring, Texas. Ian McNinch, Josh Davidson, and Jack Edwards have a passion for promoting human interaction in a wholesome manner. The initiative hopes to introduce further means of spreading our message and impacting communities as our project develops, so others can carry it on long after we leave. These include a mobile application, a podcast, and possibly live talks.

Our Mission

Humanity thrives on interaction and communication. Yet it seems, tragically, that we have simply forgotten how to encounter one another truthfully, vibrantly, and with authenticity. Much of this is due to the misuse of modern technology. The Shift Project seeks to communicate this situation, incentives for changing it, and practical advice to make one's interaction and communication truly authentic. Using pamphlets, a website, a blog, and other media, the Shift Project empowers individuals to simply and profoundly improve the way they interact, seeking ever greater truth and awareness of the world around us.

The Shift is all about changing how you communicate. This change is a journey that requires a bunch of baby steps, moving you toward your (and our) goal of authentic interaction. The first step is a HUGE leap forward. These Steps, if you choose to take them, will incorporate truth of speaking into your daily life.

Founded and Operated by Jack Edwards, Josh Davidson, and Ian McNinch, students at Frassati Catholic High School



Visit Us:
shiftproject.github.io

Contact Us:
shift.interact@gmail.com

Follow Us: @ the.shiftproject
on
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