

Submission# 1

Q: Timestamp

A: 2/20/2018 16:55:22

Q: Score

A:

Q: Name (First and Last)

A: Adam Goldberg

Q: What is your gender?

A: Male

Q: How old are you?

A: 26

Q: What year are you in higher education?

A: Third Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Convenience

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Social media

Q: Approximately how many hours per day do you spend on your smartphone?

A: 12

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A:

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A:

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Movies or Dead

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A:

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Strongly Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: None

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: We use our phones way too much can be distracting in class.

Submission# 2

Q: Timestamp

A: 2/20/2018 17:02:15

Q: Score

A:

Q: Name (First and Last)

A: Stephanie Teixeira

Q: What is your gender?

A: Female

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Pursuing Master's Degree

Q: Why did you acquire or start using a smartphone?

A: To stay up to date with technology

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Daily life activities

Q: Approximately how many hours per day do you spend on your smartphone?

A: 10+

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A:

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A:

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: Battery died, sleep, work, on airplane, need a break

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A:

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Turn off phone read a book, go for a swim

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: This generation spends way too much time on their phones and I truly believe everyone would be a little better off without them at times but unfortunately everything is done through the phone and with technology constantly changing it is hard to drift away from it.

Submission# 3

Q: Timestamp

A: 2/20/2018 17:04:16

Q: Score

A:

Q: Name (First and Last)

A: Mindy Eng

Q: What is your gender?

A: Female

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Trend, User-friendly, Efficient, Camera

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Classrooms, doing homework, meals, at work

Q: Approximately how many hours per day do you spend on your smartphone?

A: 6

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A:

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A:

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: If it's out of battery

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A:

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Strongly Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: None

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A:

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I feel like most students get a negative impact from excessive smartphone usage if they are solely using Social Networking apps. If there is a balance of usage amongst various Applications, then I don't think it is a bad thing.

Submission# 4

Q: Timestamp

A: 2/20/2018 17:05:39

Q: Score

A:

Q: Name (First and Last)

A: Juliana DiGiacomo

Q: What is your gender?

A: Female

Q: How old are you?

A: 19

Q: What year are you in higher education?

A: First Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: My parents bought it for me as an upgrade from a regular phone in high school.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: On the bus, it's extremely difficult not to just stare at my phone, even if I'm not doing anything.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A:

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A:

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: When it dies (very often), or during exams

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A:

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Sleep

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Putting it far away from me

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: It's sad sometimes to see so many people on their phones all the time (bus, on the way to class, at dining halls), but there is a peer pressure to act that way. I'm guilty of it too.

Submission# 5

Q: Timestamp

A: 2/20/2018 17:06:42

Q: Score

A:

Q: Name (First and Last)

A: Renz Sarayba

Q: What is your gender?

A: Male

Q: How old are you?

A: 22 years old

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: It made everything convenient for me; everything I needed such as social media, music, internet access, instant messaging, video watching is all located in one, easy to use device.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Classrooms, whenever I get bored or distracted, I glance at my smartphone and look at notifications and don't realize that I spent the past 10 minutes on my phone.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 10+ hours

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A:

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A:

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: I'm trying to study for an exam and I put my phone on do not disturb so I don't break my focus. Also, when I watch Netflix or TV shows or movies by myself so I can spend all my time focusing on the great plot, dialogue and character development. :-)

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A:

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Always

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Putting the phone on do not disturb and also doing other activities that doesn't really require the use of a smartphone such as reading a book, working out, or watching a movie.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Students nowadays are relying heavily on smartphones to do everything. While it does make it convenient, students shouldn't necessarily have to always rely on them.

Submission# 6

Q: Timestamp

A: 2/20/2018 17:07:11

Q: Score

A:

Q: Name (First and Last)

A: Alex Kelly

Q: What is your gender?

A: Female

Q: How old are you?

A: 19

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Hurricane sandy happened and my entire family couldn't communicate because the flip phones didn't work afterwards. My parents got it for me just in case something like that happened again

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: While doing homework because there's no one there to stop me from using it

Q: Approximately how many hours per day do you spend on your smartphone?

A: Depends on the day but 3 maybe at worst

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A:

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A:

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: Exams, homework, dates

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A:

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Rarely

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Health

Q: If you feel that excessive smartphone usage negatively affects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively affect your life, please skip this question.

A: I've thought about just getting rid of social media because that's where I spend the majority of my time on my phone

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I wish it wasn't such a necessary part of our lives but they've become indispensable. I would gladly get rid of mine if I didn't absolutely need it for communication and work

Submission# 7

Q: Timestamp

A: 2/20/2018 17:11:50

Q: Score

A:

Q: Name (First and Last)

A: Erica Chang

Q: What is your gender?

A: Female

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Because it started to become the “fad” and these days, companies only sell smart phones.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Classroom, during hw, meals, with friends, basically all the time unless im driving.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 6-10

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A:

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A:

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: During exams, interviews, movie theaters, conferences

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A:

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Strongly Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I put my phone in silent and put it in my bag or have my friend hold onto it for me while I'm studying.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: We use our phones way too much, I understand that it really helps when we're doing hw, studying for exams and other school related things, but when it's really not necessary, we should put it away. It shouldn't consume our lives when we could be enjoying things outside of our screens.

Submission# 8

Q: Timestamp

A: 2/20/2018 17:11:58

Q: Score

A:

Q: Name (First and Last)

A: Autumn Hayes

Q: What is your gender?

A: Female

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: my cellphone carrier started to only cell smartphones

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Education (ex. Duolingo, iTunes U, Flashcard apps), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: During class and while I'm trying to do homework or study

Q: Approximately how many hours per day do you spend on your smartphone?

A: 10

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A:

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A:

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: I am trying to accomplish an important task, or it died.

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A:

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I use the app "forest"

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I feel like we shouldn't rely on them as much as we do

Submission# 9

Q: Timestamp

A: 2/20/2018 17:12:32

Q: Score

A:

Q: Name (First and Last)

A: jeremy rodriguez

Q: What is your gender?

A: male

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: highschool, junior year (2013)

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Navigation (ex. Google Maps, Waze, MapQuest), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: All the time if its not on DND. Mostly during times where I need to do work

Q: Approximately how many hours per day do you spend on your smartphone?

A: Probably upwards of 3-4hours

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A:

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A:

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: It dies. Otherwise I dont ever turn it off

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A:

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I use the night time setting which helps me feel a little more tired, I should have an app that disables certain social medias past a certain time

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I think it can be a powerful tool, but our minds and temptations havent caught up with technology to the point where we can consciously will ourselves to stop or start, its a habit that not many people including myself have

Submission# 10

Q: Timestamp

A: 2/20/2018 17:16:30

Q: Score

A:

Q: Name (First and Last)

A: Nick Dillon

Q: What is your gender?

A: Male

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: It was pretty much my only option when it was time to get a new phone in high school, and I wanted one

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Work, class

Q: Approximately how many hours per day do you spend on your smartphone?

A: 2-3

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A:

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A:

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Taking an exam

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A:

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Strongly Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: None

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: N/a

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: People spend way too much time on their phone

Submission# 11

Q: Timestamp

A: 2/20/2018 17:22:25

Q: Score

A:

Q: Name (First and Last)

A: Margaret Haskopoulos

Q: What is your gender?

A: Female

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: To use internet and email services

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: In a classroom setting and while doing homework

Q: Approximately how many hours per day do you spend on your smartphone?

A: 5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A:

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A:

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: If it were dead or if I was really concentrated on focusing

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A:

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively affects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively affect your life, please skip this question.

A:

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I think that we use smartphones a lot for social media and for professional purposes and a lot of people think of it as a detriment, but it's simply how we grew up. We've made a ton of technological advancements and it's pretty normal for everyone to have a smartphone. We're coming up on a future that depends heavily on technology and computers/tablets/smartphones and that's just a symptom of technology advancement. This isn't necessarily a bad thing, and rather than bashing for younger people for being attached to technology, we should be proud of our advancements!

Submission# 12

Q: Timestamp

A: 2/20/2018 17:26:28

Q: Score

A:

Q: Name (First and Last)

A: Shirmane Cordova-Chahu

Q: What is your gender?

A: Female

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: To keep in touch with friends through imessage, use social media applications, take pictures, and to listen to music

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Classrooms and while doing homework because generally I get bored easily so my phone becomes tempting to use.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 8

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other week

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: If I really need to study or if I'm upset and want to be alone

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Deactivating some social media so that I wouldn't be tempted to check it.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I have noticed that everyone is really attached to their phones even when hangout with one another we are still glued to our phones rather than interacting with each other. I myself have been guilty of this.

Submission# 13

Q: Timestamp

A: 2/20/2018 17:27:17

Q: Score

A:

Q: Name (First and Last)

A: Luke

Q: What is your gender?

A: Male

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Freshman in High School

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Photo & Video (ex. YouTube, Photo editing apps), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Homework

Q: Approximately how many hours per day do you spend on your smartphone?

A: Less than 1 hour

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Disagree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: Dead Battery

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Rarely

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Strongly Disagree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Strongly Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Rarely

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: None

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Skip

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I think smartphone addiction causes anxiety and depression.

Submission# 14

Q: Timestamp

A: 2/20/2018 17:41:19

Q: Score

A:

Q: Name (First and Last)

A: Jennyfer Javier

Q: What is your gender?

A: Female

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: More capabilities and my favorite apps are more user friendly on a smartphone.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: When doing homework

Q: Approximately how many hours per day do you spend on your smartphone?

A: 5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: On a flight, it died or so it won't distract me

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: N/a

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Smartphone are handy and easy to use, which makes life easier. However I feel we sometimes get too consumed into what's on the screen ignoring what's right in front of us.

Submission# 15

Q: Timestamp

A: 2/20/2018 18:11:59

Q: Score

A:

Q: Name (First and Last)

A: Amilcar Javier

Q: What is your gender?

A: Male

Q: How old are you?

A: 28

Q: What year are you in higher education?

A: Pursuing Master's Degree

Q: Why did you acquire or start using a smartphone?

A: I needed a phone but I also needed something to help organize my life.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: I find myself on my phone while at work, which forces me to review work I've done to make sure it is to proper standards.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 7 including idle time where I'm just listening to music

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: If the battery is low, I would turn it off to conserve energy.

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: I think it affects my sleeping habits.

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I haven't tried to fix it because I don't think it's that bad for me.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I think smartphones are a great tool for productivity but must be used responsibly. It's easy to be trapped in a hole of YouTube videos / social media posts. When used correctly, it can easily organize your time / tasks and allow you to be productive during times of general inactivity - like a commute.

Submission# 16

Q: Timestamp

A: 2/20/2018 18:13:21

Q: Score

A:

Q: Name (First and Last)

A: Johnathan Aviles

Q: What is your gender?

A: Male

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Third Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: To upgrade my current phone and stay up to date

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Classroom and doing homework because it takes longer to do.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other week

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: To keep it healthy and conserve battery

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Always

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Leave on do not disturb and far from me

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: It can be helpful yet harmful at the same time

Submission# 17

Q: Timestamp

A: 2/20/2018 18:31:05

Q: Score

A:

Q: Name (First and Last)

A: Juan Rodriguez

Q: What is your gender?

A: Male

Q: How old are you?

A: 19

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Personal use

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: classrooms, homework, studying, meals, work

Q: Approximately how many hours per day do you spend on your smartphone?

A: 5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Battery died

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Strongly Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: None

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Skip

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Smartphones are used often in this new era of technology and have taken over

Submission# 18

Q: Timestamp

A: 2/20/2018 18:33:11

Q: Score

A:

Q: Name (First and Last)

A: Efrain Santiago

Q: What is your gender?

A: Male

Q: How old are you?

A: 24

Q: What year are you in higher education?

A: Fifth Year or More of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Internet convenience

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Studying and homework

Q: Approximately how many hours per day do you spend on your smartphone?

A: 8-10

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other month

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: Reboot

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Haven't thought of any

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Too much usage and not enough human interactions. Cell towers should shut down for a while

Submission# 19

Q: Timestamp

A: 2/20/2018 18:36:44

Q: Score

A:

Q: Name (First and Last)

A: Matt ferrari

Q: What is your gender?

A: Male

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: my parents got me it when i was in HS, its useful

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: studying, class

Q: Approximately how many hours per day do you spend on your smartphone?

A: 2

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: its dead

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other week

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Strongly Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Strongly Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: skip

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: some people are addicted, its bad

Submission# 20

Q: Timestamp

A: 2/20/2018 18:41:14

Q: Score

A:

Q: Name (First and Last)

A: Jacob Domarecki

Q: What is your gender?

A: Male

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: 13

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Doing homework, at work. Not distracting in class unless I don't plan on paying attention to what the professor is saying in the first place.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 1-3 hours

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: Only if it died

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Strongly Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Having someone take it from me

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Let's be honest, we're all slaves to these little hand held computers.

Submission# 21

Q: Timestamp

A: 2/20/2018 18:43:00

Q: Score

A:

Q: Name (First and Last)

A: Johan Guerra

Q: What is your gender?

A: Male

Q: How old are you?

A: 30

Q: What year are you in higher education?

A: Pursuing Master's Degree

Q: Why did you acquire or start using a smartphone?

A: Trend

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Shopping (ex. Amazon, eBay), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Work

Q: Approximately how many hours per day do you spend on your smartphone?

A: 6

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: Emergency

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Strongly Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: N/a

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: N/a

Submission# 22

Q: Timestamp

A: 2/20/2018 18:48:00

Q: Score

A:

Q: Name (First and Last)

A: Cesar Nunez

Q: What is your gender?

A: Male

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: iPhone

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Classrooms

Q: Approximately how many hours per day do you spend on your smartphone?

A: 10

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: I connect with too many people and I do a lot of business on it.

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: None

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: No

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: It's essential to learning nowadays and business

Submission# 23

Q: Timestamp

A: 2/20/2018 19:03:16

Q: Score

A:

Q: Name (First and Last)

A: Chris DuChemin

Q: What is your gender?

A: Male

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Efficiency

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Photo & Video (ex. YouTube, Photo editing apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Studying

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other week

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: It died or taking an exam

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Rarely

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Sometimes if I'm studying I'll turn my phone off

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I think students are on their phones too much for the wrong reasons. Smartphones are essential to stay connected and can be used as a powerful tool in day to day situations. However students are wasting too much time on SnapChat, Instagram, etc

Submission# 24

Q: Timestamp

A: 2/20/2018 19:03:28

Q: Score

A:

Q: Name (First and Last)

A: Javier Mendez

Q: What is your gender?

A: Puerto Rican (Boriccccuuuua)

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Third Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Daily use

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Everywhere that you SHOULD NOT be on your phone... pretty much everywhere lol driving, sleeping, class, eating alllll that

Q: Approximately how many hours per day do you spend on your smartphone?

A: 555

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other week

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: DEAD

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Go outside

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: shit ass

Submission# 25

Q: Timestamp

A: 2/20/2018 19:04:48

Q: Score

A:

Q: Name (First and Last)

A: Gabriela Morales

Q: What is your gender?

A: Female

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Third Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: 3rd

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: during class

Q: Approximately how many hours per day do you spend on your smartphone?

A: 5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other week

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: n/a

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Strongly Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships

Q: If you feel that excessive smartphone usage negatively affects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively affect your life, please skip this question.

A: use do not disturb to avoid receiving notifications

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: overly used; harms face to face interaction

Submission# 26

Q: Timestamp

A: 2/20/2018 19:04:56

Q: Score

A:

Q: Name (First and Last)

A: Roger Martinez

Q: What is your gender?

A: Man

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Third Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: 7th grade

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Social Media

Q: Approximately how many hours per day do you spend on your smartphone?

A: 2 Hours

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Exam, or if I need to study DND

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other week

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Bedtime feature helps me stay more focused on when I should be sleeping and getting off my phone.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Students use their phones way too much when studying. Putting your phone on DND for an hour to study, then giving yourself 15 minute breaks to check your phone and go back to DND for an hour.

Submission# 27

Q: Timestamp

A: 2/20/2018 19:08:05

Q: Score

A:

Q: Name (First and Last)

A: Lindsay Benitez

Q: What is your gender?

A: Female

Q: How old are you?

A: 19

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Because it's quick, simple, and efficient. It allows me to keep up with the world around me. I would certainly be behind without one.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Doing homework and classrooms.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4? Not quite sure.

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Ran out of battery (i don't carry around a charger)

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I often leave my phone at the apartment to get work done.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: We use our phone too much.

Submission# 28

Q: Timestamp

A: 2/20/2018 19:10:53

Q: Score

A:

Q: Name (First and Last)

A: Marvin Alvarez

Q: What is your gender?

A: non-binary

Q: How old are you?

A: 19

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: because it has the ability to quickly answer any question without me having to pull out my laptop

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: classrooms, homework, meetings, work

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4 hours

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: during exams or if it is not functioning correctly

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Always

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: it doesn't

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: smartphone usage is mainly used by students for social media but it useful when you need music to concentrate or when you are meditating or if you need to research a quick question

Submission# 29

Q: Timestamp

A: 2/20/2018 19:15:01

Q: Score

A:

Q: Name (First and Last)

A: Catie Goldstein

Q: What is your gender?

A: Female

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Pursuing Master's Degree

Q: Why did you acquire or start using a smartphone?

A: Parents gave it to me in high school

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: When there is work that I've been procrastinating on

Q: Approximately how many hours per day do you spend on your smartphone?

A: 3

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: Only if it's dead

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively affects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively affect your life, please skip this question.

A: Those apps that lock your phone for a set amount of time. Or the ones where parents can access their kids phones and lock them

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: It's a problem but people can work to fix it

Submission# 30

Q: Timestamp

A: 2/20/2018 19:20:43

Q: Score

A:

Q: Name (First and Last)

A: Kelly Dronne

Q: What is your gender?

A: Female

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: I wanted to stay connected to friends using social media

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Navigation (ex. Google Maps, Waze, MapQuest), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Meals, doing homework, work

Q: Approximately how many hours per day do you spend on your smartphone?

A: 7

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other month

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: the only reason would be if it died

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Some remedies I have considered but not actually done are deleting social media off of my phone or switching back to a flip phone that only has texting and calling.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I think students use their phones, especially in class, way too often. I constantly see people texting or looking online during class instead of paying attention. Even using a laptop in class causes people to be constantly connected

Submission# 31

Q: Timestamp

A: 2/20/2018 19:25:26

Q: Score

A:

Q: Name (First and Last)

A: Tashai Hodges

Q: What is your gender?

A: Female

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Because I caught the bus to school by myself and live in a dangerous neighborhood. Therefore my mother wanted to make sure she could get in contact with me at all times.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: When you're hanging out with people. Instead of everyone talking to each other, everyone is just on their phones.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Disagree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Taking an exam

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: None

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: N/a

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I believe smartphones are necessary in this day and age because it's important to be able to get in contact with someone if something happens. Yet, I do think they are used entirely too much and kills face to face communication between friends.

Submission# 32

Q: Timestamp

A: 2/20/2018 20:02:46

Q: Score

A:

Q: Name (First and Last)

A: Kevin Pereda

Q: What is your gender?

A: Male

Q: How old are you?

A: 23 years old

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: I started using a smartphone when I was a sophomore in high school because I felt like it would make my life easier. I wouldn't have to wait to go on a computer to get the information I would need.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: I would say classrooms & meals because that is when you could search more information or be entertained watching videos while eating.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 5 hours

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other month

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: My phone died.

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Rarely

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: None

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I don't feel that excessive smartphone usage negatively effects my life.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I believe that we live in a time where technology is all around us. It is easier for kids to start using their smartphones because they have received them at a younger age.

Submission# 33

Q: Timestamp

A: 2/20/2018 20:21:35

Q: Score

A:

Q: Name (First and Last)

A: Esteban Roldan

Q: What is your gender?

A: male

Q: How old are you?

A: 30

Q: What year are you in higher education?

A: Pursuing Master's Degree

Q: Why did you acquire or start using a smartphone?

A: Convenience and efficiency

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: work, meals, meetings

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Battery ran out

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Schedule times to use phone

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Phones are used way too often. We don't engage each other as much as we engage our phones

Submission# 34

Q: Timestamp

A: 2/20/2018 20:48:27

Q: Score

A:

Q: Name (First and Last)

A: Isabelle Lauredent

Q: What is your gender?

A: Female

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Travel

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Classroom

Q: Approximately how many hours per day do you spend on your smartphone?

A: 16 hours

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other week

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Studying

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Moment

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: We need to not depend on it so much

Submission# 35

Q: Timestamp

A: 2/20/2018 20:55:05

Q: Score

A:

Q: Name (First and Last)

A: Lindsay Marin

Q: What is your gender?

A: Male

Q: How old are you?

A: 18

Q: What year are you in higher education?

A: First Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: It's a necessity in today's society

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: While doing homework

Q: Approximately how many hours per day do you spend on your smartphone?

A: 6

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: To relax and focus on yourself rather than receiving a myriad of text messages and notifications.

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Strongly Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Strongly Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: None

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Does not negatively affect my life

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Smartphones are a necessity for emergency purposes and to access quick information. However, many students do not know how to balance their smartphone usage with their responsibilities. For example, watching Netflix during a lecture is certainly going to negatively affect how much information you'll retain or even receive from that lecture.

Submission# 36

Q: Timestamp

A: 2/20/2018 21:37:30

Q: Score

A:

Q: Name (First and Last)

A: Sofia Castro

Q: What is your gender?

A: Female

Q: How old are you?

A: 23

Q: What year are you in higher education?

A: Third Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: ??? Because it was cool

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Entertainment (ex. Netflix, Hulu, Google Home), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: ALL of the above

Q: Approximately how many hours per day do you spend on your smartphone?

A: 7

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other week

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: Because it randomly glitches and just needs to be reset by turning off and on

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Strongly Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Trying to be more mindful of my usage, using apps that make you work for 15 minutes at a time

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: We use them too much, it affects all aspect of our lives.

Submission# 37

Q: Timestamp

A: 2/20/2018 22:05:18

Q: Score

A:

Q: Name (First and Last)

A: Chelsea Gallegos

Q: What is your gender?

A: Female

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Sprint Family Plan Update plus getting roasted for not having one in school

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat), Religion & Spirituality (Bible Related stuff, New age, etc.)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Before sleeping

Q: Approximately how many hours per day do you spend on your smartphone?

A: 6

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Neutral

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Depression; isolating myself away from people, "drakin", dead battery, during an exam

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Health, As in mental health (depression & anxiety: "Getting me in my feels")

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: CAPS. Excessive phone usage that negatively affects your life can be due to underlying issues you haven't healed from. For instance, they may stem from childhood abuse and trauma. The best way to fix it is by fixing yourself. First you must acknowledge you got a problem before you're willing to work it out. Messenger apps can help to get in contact with loved ones for support. For those who are more religious/spiritual, apps dealing with spiritual texts and interpretations may be ideal.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Smartphone usage gives students a competitive advantage in this new era of technological development. Problems from smartphone usage tend to stem from the individual user health and societal expectations (i.e. Spending too much time on social media for reaffirmation, etc.)

Submission# 38

Q: Timestamp

A: 2/20/2018 22:15:15

Q: Score

A:

Q: Name (First and Last)

A: Kevin Rana

Q: What is your gender?

A: Male

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: At first it was for games and apps, but then it became an all in one device with a calculator, internet, email, games, etc.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Doing homework/studying

Q: Approximately how many hours per day do you spend on your smartphone?

A: 5 hours

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: Its been acting buggy or I intentionally turned it off in order to focus

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other week

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Always

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I feel that excessive smartphone usage is linked with a person's day to day productivity, so without smartphones being used in the most productive manner they take up way too much time out of your day. There are apps such as LifeRPG that make daily tasks such as cleaning and studying into game objects like an RPG to make tasks more appealing to do.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I feel that students use their phones way too often, I see it everywhere, walking out of class, on the bus. I feel like smartphones are taking over people's lives and it is not going to slow down anytime soon, in fact I feel like it will only become worse.

Submission# 39

Q: Timestamp

A: 2/20/2018 23:06:58

Q: Score

A:

Q: Name (First and Last)

A: George Zapata

Q: What is your gender?

A: Male

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Third Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Commodity

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: All of the above

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other month

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: Dead battery

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other week

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Yes

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Terrible

Submission# 40

Q: Timestamp

A: 2/20/2018 23:29:04

Q: Score

A:

Q: Name (First and Last)

A: Arickson Reyes

Q: What is your gender?

A: Male

Q: How old are you?

A: 24

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: More features to use.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: classroom, doing hw, studying.

Q: Approximately how many hours per day do you spend on your smartphone?

A: A lot!

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Disagree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other week

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: Died.

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Strongly Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Rarely

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Putting it on "Do Not Disturb"

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Though smartphone are sometimes used to find answers to quick situation or question, student often spend too much time on their phone which negatively affect their social interactions. Smartphone has affect our socializing negatively where we do not know how to talk to each other anymore, or are not aware that they should be putting their phones down and focus on any particular task such as talking while surrounded by people or paying attention in a class or reading a book.

Submission# 41

Q: Timestamp

A: 2/21/2018 1:42:12

Q: Score

A:

Q: Name (First and Last)

A: Camila Mejia

Q: What is your gender?

A: Female

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Third Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: My parents gave me the phone I was young so I can communicate with them

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: In class, trying to do homework, st work, trying to sleep

Q: Approximately how many hours per day do you spend on your smartphone?

A: 5 hours

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: It died

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Strongly Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I try to keep it dead so I don't have to keep looking at it every time I get a notification.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: It has been something that has had a bad light to it, but if we use it to our advantage, for example in the class room, then we can do nothing but rise above it. I am always on my phone and I can't see when I am not, and it's been a problem because that's what I am known for now.

Submission# 42

Q: Timestamp

A: 2/21/2018 2:26:31

Q: Score

A:

Q: Name (First and Last)

A: Lena Claus

Q: What is your gender?

A: Female

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: In high school because my parents saw I was responsible enough with my dial-phone to be responsible with a better phone

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Navigation (ex. Google Maps, Waze, MapQuest), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: While doing homework I have a bad habit when I am stuck to check Facebook or play another level on a game

Q: Approximately how many hours per day do you spend on your smartphone?

A: 5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: Sleeping, driving, eating with others, hanging out with friends, studying

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I need to stop checking Facebook, I get addicted to reading and posting whatever I find in my news feed. I also check my messages too often as if not responding within 5 seconds makes any difference.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Students are glued to their tiny phone screens. When I am out with a friend or friends and they are constantly on their phone instead of interacting with me or anyone else it is very annoying to be around that. Additionally while walking and driving students often believe they can multitask, but this is dangerous for them and others.

Submission# 43

Q: Timestamp

A: 2/21/2018 3:02:11

Q: Score

A:

Q: Name (First and Last)

A: Emanuel Nunez

Q: What is your gender?

A: Male

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Because you can work on a lot of task with apps

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), News/Sports (ex. BuzzFeed, New York Times, CNN), Shopping (ex. Amazon, eBay), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Doing homework and eating meals.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 10

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Neutral

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Don't want to be contacted by anyone or when a professor threatens to kick a student out for having their phone disrupt class.

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Discipline yourself to not excessively use the phone...although the smartphones allow people to use apps to do tasks, there are other ways of doing the same task that are much better than doing on a phone

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Since smartphones are used for many reasons that connect people to their own productivity, whether it's keeping in touch with friends on social media, reading the news, working on a task, it's hard to stay away from smartphones which is why it cannot be considered addicting because it's part of everyday life

Submission# 44

Q: Timestamp

A: 2/21/2018 9:40:41

Q: Score

A:

Q: Name (First and Last)

A: Diego Gavidia

Q: What is your gender?

A: Male

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Communication

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Work, Classroom, night out with a hot date

Q: Approximately how many hours per day do you spend on your smartphone?

A: too many; 5+

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other day

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Dead battery or during a hot date.

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Strongly Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Turn the phone face down while you do work.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Even though in certain scenarios smartphone usage may be detrimental and negative to a person; it also opens a wide range of resources for students and even people in the workforce. It is all about how one uses these tools; it can either be used to benefit you or your own demise.

Submission# 45

Q: Timestamp

A: 2/21/2018 10:29:37

Q: Score

A:

Q: Name (First and Last)

A: Sydney Gavinelli

Q: What is your gender?

A: Female

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Third Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Age 14

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Classrooms and at home

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: If it was dead

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Rarely

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Turning off cellular data for certain apps so I'm not on them unless I'm at home

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I think it's a waste of time and money when students are on their phones during class

Submission# 46

Q: Timestamp

A: 2/21/2018 10:33:17

Q: Score

A:

Q: Name (First and Last)

A: Briel Peters

Q: What is your gender?

A: Female

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: They are more convenient and effective.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Notifications pop up and my eyes automatically turn towards my phone to see why it's lighting up, which happens throughout the day and during all situations.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 10

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Exam; it died

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: N/a

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I wish they weren't so heavily relied on so people could be more social with where they are present and who they are present with

Submission# 47

Q: Timestamp

A: 2/21/2018 10:33:32

Q: Score

A:

Q: Name (First and Last)

A: Danielle Sulit

Q: What is your gender?

A: Female

Q: How old are you?

A: 23

Q: What year are you in higher education?

A: Fifth Year or More of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: My older sister had one so I wanted one

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Photo & Video (ex. YouTube, Photo editing apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: While doing homework

Q: Approximately how many hours per day do you spend on your smartphone?

A: 3

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other month

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: On a plane, during exam

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Spotify to help me study

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Smartphones are a convenient way to stay connected, but many use it for ways to disconnect.

Submission# 48

Q: Timestamp

A: 2/21/2018 10:38:51

Q: Score

A:

Q: Name (First and Last)

A: Micaela Lang

Q: What is your gender?

A: Female

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Third Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: I needed a cell phone when I was entering college, so a smartphone seemed to be the best option at that time.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: I find my smartphone can be distracting during times when I am supposed to be most productive or present. This is mostly when I am supposed to do homework, occasionally in class, and sometimes in the instances of person-to-person interactions and meetings.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 2

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other day

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: I usually only turn my smartphone off if it needs to restart for functionality purposes. However, I nearly always have my phone silenced so that my attention is not continually drawn to it.

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Like I stated above, I have basically silenced my phone so that each individual notification does not demand my attention. I also have muted certain GroupMe messages, and I have blocked notifications from certain apps. Finally, I have utilized the app, AppBlock, to restrict my access to certain apps for set periods of time.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I think that smartphones offer great features and can be very useful. However, there is a very fine line that divides the useful and helpful features of smartphones from the ways that they inflict harm on life, relationships, and even self-esteem and mental health. I think that most students are more attached to phones than they should be, which may be one factor which can add additional stress to their lives.

Submission# 49

Q: Timestamp

A: 2/21/2018 10:38:53

Q: Score

A:

Q: Name (First and Last)

A: Joanna Sowa

Q: What is your gender?

A: Female

Q: How old are you?

A: 18

Q: What year are you in higher education?

A: First Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: I started using a smartphone to connect with friends and family (through social media like snapchat and Instagram).

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: I find my smartphone the most distracting when I am doing homework. When I have my phone next to me I get easily distracted and check my phone instead of doing my homework or studying.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 2-3

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: I turn my phone off when I really need to concentrate on my assignments.

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I have used the app Moment, which tracks the amount of time that you use on your phone. I also log out of social media apps so that when I try to use them, I am reminded that I should not be on my phone.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I think that students are dependent on their smartphones and use them too often.

Submission# 50

Q: Timestamp

A: 2/21/2018 10:43:36

Q: Score

A:

Q: Name (First and Last)

A: Alexander Eldridge

Q: What is your gender?

A: Male

Q: How old are you?

A: 19

Q: What year are you in higher education?

A: First Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Convenience

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Games (ex. Pokemon Go, Angry Birds)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Classrooms

Q: Approximately how many hours per day do you spend on your smartphone?

A: 5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Neutral

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: Church

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Skip

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I feel some students have too strong of a dependence on their phone

Submission# 51

Q: Timestamp

A: 2/21/2018 11:06:31

Q: Score

A:

Q: Name (First and Last)

A: Lukas House

Q: What is your gender?

A: Male

Q: How old are you?

A: 19

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Was becoming the easier computer to handle

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), News/Sports (ex. BuzzFeed, New York Times, CNN), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Classrooms

Q: Approximately how many hours per day do you spend on your smartphone?

A: 3

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Disagree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: Ran out of battery or exam

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Won't let me skip so

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Phones are pretty fake and not genuine, less use makes you happier

Submission# 52

Q: Timestamp

A: 2/21/2018 11:13:43

Q: Score

A:

Q: Name (First and Last)

A: Amanda Reznik

Q: What is your gender?

A: Female

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Convenient to check social apps and emails at all times; always able to be connected

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Classrooms and homework

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Saving battery

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other week

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: NA

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: They can get very distracting in class and when doing HW, but they are good to constantly be connected with other students through apps like GroupMe and FB

Submission# 53

Q: Timestamp

A: 2/21/2018 11:17:19

Q: Score

A:

Q: Name (First and Last)

A: Jennifer Payenski

Q: What is your gender?

A: female

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fifth Year or More of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: when I was traveling internationally

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Navigation (ex. Google Maps, Waze, MapQuest), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: doing homework

Q: Approximately how many hours per day do you spend on your smartphone?

A: throughout the day - hard to count (maybe 3?)

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: when it is dead

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I do not think that I excessively use my smartphone; therefore, I do not think that it negatively affects my life.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I think that the excessive amount of students using smartphones is having a negative affect on the way that they communicate with others. Because students are constantly on their phones, they are losing important communication skills, such as listening, eye-contact, and empathy/understanding.

Submission# 54

Q: Timestamp

A: 2/21/2018 11:31:02

Q: Score

A:

Q: Name (First and Last)

A: Michelle Gallic

Q: What is your gender?

A: Female

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: To talk to my friends

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Class

Q: Approximately how many hours per day do you spend on your smartphone?

A: 2

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other month

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Church, exams

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: N/a

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: When professors have strict policies about phones in class students are more likely to pay attention

Submission# 55

Q: Timestamp

A: 2/21/2018 11:38:05

Q: Score

A:

Q: Name (First and Last)

A: Ella Marie Bunsu

Q: What is your gender?

A: Female

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: I wanted one

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Doing homework and before i go to bed

Q: Approximately how many hours per day do you spend on your smartphone?

A: 2-3

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other week

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: It died

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Put a timer on certain apps

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I think people use it as a defense mechanism. As a whole (myself included) too much time is being spent on phones.

Submission# 56

Q: Timestamp

A: 2/21/2018 11:50:34

Q: Score

A:

Q: Name (First and Last)

A: Lauren Volkart

Q: What is your gender?

A: Female

Q: How old are you?

A: 24

Q: What year are you in higher education?

A: Pursuing Master's Degree

Q: Why did you acquire or start using a smartphone?

A: 2012

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: when I'm doing work

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Battery died, airplane, sleeping, church

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Putting it on Do Not Disturb mode makes it much less distracting, as well as deleting certain apps that take away from my productivity.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I think it greatly takes away from learning in the classroom.

Submission# 57

Q: Timestamp

A: 2/21/2018 12:09:50

Q: Score

A:

Q: Name (First and Last)

A: Fiona Bawagan

Q: What is your gender?

A: female

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: better communication and access to internet/technological resources

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: doing homework

Q: Approximately how many hours per day do you spend on your smartphone?

A: probably 3 hours

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other month

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: during exams, going to a show

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, spirituality

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: remove social media/mail notifications so that you're not tempted to go on your phone

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: i think students can be more sociable and relational when they're not excessively on their phones.

Submission# 58

Q: Timestamp

A: 2/21/2018 12:13:01

Q: Score

A:

Q: Name (First and Last)

A: Molly Cunningham

Q: What is your gender?

A: Female

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: So group messages would be received better and I could keep track of those messages better. My old phone would display group texts as if the individual person texted me. It was very confusing to read and this was before groupme.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: When I don't want to do something or avoid talking to people I'll look at my phone.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 8

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: I have to reset it.

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Study with a friend so they keep me honest about checking my phone.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: It's very easy to get quick satisfaction but it's also very easy to quickly get distracted by it.

Submission# 59

Q: Timestamp

A: 2/21/2018 12:21:17

Q: Score

A:

Q: Name (First and Last)

A: Nicole Lopez

Q: What is your gender?

A: Female

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: When I was 13

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Meetings, while studying

Q: Approximately how many hours per day do you spend on your smartphone?

A: 5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: While taking an exam

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Always

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Skip

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I personally use my phone a lot but never to the point where it causes problems around me. Excessive smartphone usage is only a problem when it hinders your health, relationships, will to succeed, etc

Submission# 60

Q: Timestamp

A: 2/21/2018 12:26:33

Q: Score

A:

Q: Name (First and Last)

A: Jennifer Sultana

Q: What is your gender?

A: Female

Q: How old are you?

A: 26

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: To have better photos and watch videos

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Homework

Q: Approximately how many hours per day do you spend on your smartphone?

A: 5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: I have a work phone and personal phone. It would be during a meeting or exam.

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: N/a

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: There is definately more dependence on Smartphone usage now with younger generations. There is also two varying ideas. Students are expected to use less of a cell phone in their life, while the environment they grow up in is requiring the use of mobile devices. So unless there is another factor that comes into play as a student is growing up, this debate will be around for as long as mobile devices are available.

Submission# 61

Q: Timestamp

A: 2/21/2018 13:33:36

Q: Score

A:

Q: Name (First and Last)

A: John Henry Doe, Jr.

Q: What is your gender?

A: Male

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Third Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Rutgers Bus Schedule

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Navigation (ex. Google Maps, Waze, MapQuest), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: While in class or doing homework, when i get bored, i want to check if anything more interesting is occurring elsewhere

Q: Approximately how many hours per day do you spend on your smartphone?

A: Plenty. Maybe 5?

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other day

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: If someone tells me the signal will interfere with communications

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: During lent i use the time of fasting as a springboard to delete social media apps and reduce phone usage.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: We have to do a lot of online work to do homework, check emails, communicate about planned events, and more. It is no surprise that students use their phones constantly, and i think we should reduce the amount of online work students need to do.

Submission# 62

Q: Timestamp

A: 2/21/2018 13:34:17

Q: Score

A:

Q: Name (First and Last)

A: Joshua Besas

Q: What is your gender?

A: Male

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Pursuing PhD Degree

Q: Why did you acquire or start using a smartphone?

A: Freshman year of high school

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Using it to procrastinate/take extended study breaks, using it in the morning and taking too long to get out of bed

Q: Approximately how many hours per day do you spend on your smartphone?

A: 2

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Being on a plane

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Limiting usage of certain apps to x amount of minutes per day (or in the case of Lent, fasting from them), deleting apps that take up too much time, setting certain times of the day to not use my smart phone (e.g. after 11:00 PM)

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Smart phones can be a helpful for learning and sharing information, but they are often too abused as tools for wasting time and avoiding social interaction.

Submission# 63

Q: Timestamp

A: 2/21/2018 14:28:40

Q: Score

A:

Q: Name (First and Last)

A: Krystal Kortenhaus

Q: What is your gender?

A: Female

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Communicate with my family

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Shopping (ex. Amazon, eBay), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Homework

Q: Approximately how many hours per day do you spend on your smartphone?

A: 8

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Disagree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other month

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Mass

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other week

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Spend less time on my phone by turning it off during hw

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: We use it to much and it damages one's independence and way of thinking for them self

Submission# 64

Q: Timestamp

A: 2/21/2018 14:37:08

Q: Score

A:

Q: Name (First and Last)

A: Matt Peyrek

Q: What is your gender?

A: Male

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Third Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Middle school

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), News/Sports (ex. BuzzFeed, New York Times, CNN), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: All of the above

Q: Approximately how many hours per day do you spend on your smartphone?

A: 13

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Save battery, take test, airplane

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Relationships, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: N/A

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: None

Submission# 65

Q: Timestamp

A: 2/21/2018 15:19:18

Q: Score

A:

Q: Name (First and Last)

A: Jessica Madeira

Q: What is your gender?

A: Female

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Access to the Internet from anywhere

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Doing homework (particularly when I don't want to do it)

Q: Approximately how many hours per day do you spend on your smartphone?

A: 2-3

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other week

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: In class/at meetings/etc.

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Putting it in bag instead of in pocket, keeping phone on the other side of the room when I go to sleep, turning it off/putting it on airplane mode when I need to work

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Smartphones are valuable resources for communication and information, but they have addictive qualities that end up eating far too much time and often get in the way of other aspects of life. As such, use should be limited, and it's generally necessary to go to measures that completely separate you from it (even if only temporarily) in order to break that attachment.

Submission# 66

Q: Timestamp

A: 2/21/2018 20:17:55

Q: Score

A:

Q: Name (First and Last)

A: Abhishek Iyer

Q: What is your gender?

A: Male

Q: How old are you?

A: 27

Q: What year are you in higher education?

A: Pursuing Master's Degree

Q: Why did you acquire or start using a smartphone?

A: Informative

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Shopping (ex. Amazon, eBay), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Meetings

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Neutral

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Battery low

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: None

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: None

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: It is like a brain . The most powerful or most dangerous. Depending on the usage

Submission# 67

Q: Timestamp

A: 2/21/2018 20:21:36

Q: Score

A:

Q: Name (First and Last)

A: Glynn Ezar

Q: What is your gender?

A: Female

Q: How old are you?

A: 25

Q: What year are you in higher education?

A: Started full-time work

Q: Why did you acquire or start using a smartphone?

A: To avoid going to banks

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Meetings

Q: Approximately how many hours per day do you spend on your smartphone?

A: 5+

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Disagree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: Reading, avoiding people

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Sometimes

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I switch my phone off to be more productive.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Students use smartphones while walking and driving which is dangerous.

Submission# 68

Q: Timestamp

A: 2/21/2018 20:23:49

Q: Score

A:

Q: Name (First and Last)

A: Kalyani Shirwalkar

Q: What is your gender?

A: Female

Q: How old are you?

A: 24

Q: What year are you in higher education?

A: Pursuing Master's Degree

Q: Why did you acquire or start using a smartphone?

A: Handy access to various apps like social media

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Work

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4 - 5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Disagree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: Low Battery

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Never

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: None

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: N/A

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Services provided smartphones are increasing everyday. I feel while it is necessary for students to have smartphones, they should make sure it doesn't hinder their education and productivity.

Submission# 69

Q: Timestamp

A: 2/21/2018 20:38:49

Q: Score

A:

Q: Name (First and Last)

A: Surbhi Mulbagal

Q: What is your gender?

A: Female

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Trend

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Navigation (ex. Google Maps, Waze, MapQuest), Photo & Video (ex. YouTube, Photo editing apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: While studying

Q: Approximately how many hours per day do you spend on your smartphone?

A: 5 - 6

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: It hangs

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other week

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Rarely

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Relationships, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Keep it on complete silent mode n study

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Does more timepass

Submission# 70

Q: Timestamp

A: 2/21/2018 21:02:38

Q: Score

A:

Q: Name (First and Last)

A: Shubham Wankhede

Q: What is your gender?

A: Male

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: For ease of going about with living in a big city

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), AirBNB

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: None. I keep it away while attending all the mentioned interactions.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 1.5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Neutral

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: I'd be sitting in a class, or working on something very important (complicated problem set)

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Strongly Disagree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Strongly Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Rarely

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: None

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Skip

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: It would be a bit dim eyed to consider it merely as a student strata, rather than the sheer demographic of smartphone engagement in that particular age bracket. It is more of an peer induced phenomenon, in order to "keep up" with the surrounding.

Submission# 71

Q: Timestamp

A: 2/21/2018 21:11:37

Q: Score

A:

Q: Name (First and Last)

A: James Wong

Q: What is your gender?

A: male

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: To keep in contact with friends and family

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: classrooms, homework

Q: Approximately how many hours per day do you spend on your smartphone?

A: 3

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: Class, exams, quizzes, homework

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Something that forces you to disconnect from social media for x amount of time after spending x amount of time on it.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Doesn't really bother me

Submission# 72

Q: Timestamp

A: 2/21/2018 21:31:06

Q: Score

A:

Q: Name (First and Last)

A: Saurabh Govilkar

Q: What is your gender?

A: Male

Q: How old are you?

A: 29

Q: What year are you in higher education?

A: Started full-time work

Q: Why did you acquire or start using a smartphone?

A: To be accessible at anytime if required

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: During a face to face conversation with anyone

Q: Approximately how many hours per day do you spend on your smartphone?

A: 1.5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Neutral

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: When I do not want to be disturbed or distracted

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Rarely

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: None

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Skip

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Smart phone in today's age are like horses in ancient times. If one knows how to ride it, it will take us places; if not it will throw us off its back and drag us along!

Submission# 73

Q: Timestamp

A: 2/21/2018 21:44:40

Q: Score

A:

Q: Name (First and Last)

A: Isha Agrawal

Q: What is your gender?

A: Female

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: For the technology provided a new way to keep in touch with people around.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: While working

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4 to 5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other day

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: Work load

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other week

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Rarely

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Tried to switch to a 90's phone for few months.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: It's the best example of a technology used in a more negative way than it's positives.

Submission# 74

Q: Timestamp

A: 2/21/2018 21:48:24

Q: Score

A:

Q: Name (First and Last)

A: Andrew Olsen

Q: What is your gender?

A: Male

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Third Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: For communication (mostly texting) and music

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: During meals when I am by myself. Usually I'll play a Youtube video rather than sitting alone.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 1 hour

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Neutral

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Professors ask it to be/I just want some time without getting interrupted by things

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Strongly Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Rarely

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: N/A

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: It is a useful piece of tech but like anything we can get too attached. So finding a good amount of usage and what helps you focus is important.

Submission# 75

Q: Timestamp

A: 2/21/2018 21:54:36

Q: Score

A:

Q: Name (First and Last)

A: Vishnu Nair

Q: What is your gender?

A: Male

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: 11th grade

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: During studying for exams

Q: Approximately how many hours per day do you spend on your smartphone?

A: 2

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other week

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Due to battery discharge

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I don't know any remedies for how to controlmy smartphone usage

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I feel like smartphones are dumbing down the students

Submission# 76

Q: Timestamp

A: 2/21/2018 21:57:25

Q: Score

A:

Q: Name (First and Last)

A: Grishma Shah

Q: What is your gender?

A: Female

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Social media

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Lectures

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Exams

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other week

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Switching it off

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Stuck like magnets

Submission# 77

Q: Timestamp

A: 2/21/2018 21:59:12

Q: Score

A:

Q: Name (First and Last)

A: amit rawat

Q: What is your gender?

A: M

Q: How old are you?

A: 19

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Cause it was given to me by my dad

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Education (ex. Duolingo, iTunes U, Flashcard apps), News/Sports (ex. BuzzFeed, New York Times, CNN), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: While tackling hard problems

Q: Approximately how many hours per day do you spend on your smartphone?

A: 3

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Disagree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Often

Q: What are some reasons as to why your smartphone would be off?

A: Too bored to be on it

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Rarely

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other week

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Rarely

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Nope

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Everyone's just crazy

Submission# 78

Q: Timestamp

A: 2/21/2018 22:00:37

Q: Score

A:

Q: Name (First and Last)

A: Jazmine Yanez

Q: What is your gender?

A: Female

Q: How old are you?

A: 24

Q: What year are you in higher education?

A: Started full-time work

Q: Why did you acquire or start using a smartphone?

A: Society

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Everywhere

Q: Approximately how many hours per day do you spend on your smartphone?

A: Too many

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other day

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: It died

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Strongly Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Strongly Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Always

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Relationships

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Na

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: It makes us a mess

Submission# 79

Q: Timestamp

A: 2/21/2018 22:04:39

Q: Score

A:

Q: Name (First and Last)

A: Riya kaka

Q: What is your gender?

A: Female

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: As a necessity to share information

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Meals

Q: Approximately how many hours per day do you spend on your smartphone?

A: 3-4

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Neutral

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: Whenever I'm in lecture

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Rarely

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: None

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: -

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: -

Submission# 80

Q: Timestamp

A: 2/21/2018 22:05:14

Q: Score

A:

Q: Name (First and Last)

A: Pratik Jariwala

Q: What is your gender?

A: M

Q: How old are you?

A: 25

Q: What year are you in higher education?

A: Started full-time work

Q: Why did you acquire or start using a smartphone?

A: Connecting People

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: when I am free

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4-5 hours approx

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Neutral

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: For Network Issue

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: None

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I feel that excessive smartphone usage does not negatively effect my life.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Skip

Submission# 81

Q: Timestamp

A: 2/21/2018 22:06:10

Q: Score

A:

Q: Name (First and Last)

A: Mudra Patel

Q: What is your gender?

A: Female

Q: How old are you?

A: 19

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: To make calls when I'm out of home

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Education (ex. Duolingo, iTunes U, Flashcard apps), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Homework

Q: Approximately how many hours per day do you spend on your smartphone?

A: 6

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other month

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: To avoid distraction

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Rarely

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Duolingo

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Students need to judiciously use their phones

Submission# 82

Q: Timestamp

A: 2/21/2018 22:09:43

Q: Score

A:

Q: Name (First and Last)

A: Shubham Ranadive

Q: What is your gender?

A: Male

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Just to stay in touch with everyone

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: During exams

Q: Approximately how many hours per day do you spend on your smartphone?

A: 2-3

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other day

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: In classrooms or during exams

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other week

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: If the usage is excessive just switch off the phone for couple of hours

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Smartphone has been vital gadget in the students life but instead of taking the advantage of it, students often get distracted with the social media apps and gets addicted to it.

Submission# 83

Q: Timestamp

A: 2/21/2018 22:10:11

Q: Score

A:

Q: Name (First and Last)

A: Neeti Singhal

Q: What is your gender?

A: Female

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Pursuing Master's Degree

Q: Why did you acquire or start using a smartphone?

A: Basic Requirement

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Education (ex. Duolingo, iTunes U, Flashcard apps), Entertainment (ex. Netflix, Hulu, Google Home)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Exams

Q: Approximately how many hours per day do you spend on your smartphone?

A: Maybe 4 hrs

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other month

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: Exams

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Rarely

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: It sometimes is a wastage of time

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Its a distraction but also needed for one's purpose

Submission# 84

Q: Timestamp

A: 2/21/2018 22:18:55

Q: Score

A:

Q: Name (First and Last)

A: Mihir Shah

Q: What is your gender?

A: Male

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Pursuing Master's Degree

Q: Why did you acquire or start using a smartphone?

A: For Communication and entertainment

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Games (ex. Pokemon Go, Angry Birds)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Studying and Bedtime

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Often

Q: What are some reasons as to why your smartphone would be off?

A: Studying

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Stronger Will and awareness about cons of using smartphone excessively.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: More negative effects than the positive ones. disturbed sleep schedule and anxiety issues coupled with peer pressure.

Submission# 85

Q: Timestamp

A: 2/21/2018 22:19:05

Q: Score

A:

Q: Name (First and Last)

A: Karanveer Sandhu

Q: What is your gender?

A: Male

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: I was fascinated by the things a person can do on a smart phone and even there was peer pressure to buy smart phone when I was young.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Navigation (ex. Google Maps, Waze, MapQuest), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: When I am in college or class studying and I receive multiple phone call from friends, relatives and spam numbers continuously

Q: Approximately how many hours per day do you spend on your smartphone?

A: 2-3 hrs

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other month

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: If it's broken or is not functioning, battery is down , that's it

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I think person should have control over himself, that's all

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Smartphone has become a part of life and if you don't Incorporate it in your life, you will be left behind socially . Its what I think. I am using phone for call , messaging, WhatsApp and other productive app and so it has become a important part to make my life easy.

Submission# 86

Q: Timestamp

A: 2/21/2018 22:29:55

Q: Score

A:

Q: Name (First and Last)

A: Riya

Q: What is your gender?

A: Female

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Upgrade myself

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Entertainment (ex. Netflix, Hulu, Google Home), Shopping (ex. Amazon, eBay), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Homework

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4 hrs

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Neutral

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Battery low

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Switch off phone

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: It should be used only when necessary

Submission# 87

Q: Timestamp

A: 2/21/2018 22:37:02

Q: Score

A:

Q: Name (First and Last)

A: Dhananjay

Q: What is your gender?

A: M

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fifth Year or More of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Class 10

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Messages

Q: Approximately how many hours per day do you spend on your smartphone?

A: 3

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other week

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Battery charge

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Keep phone at home

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Extremely negative

Submission# 88

Q: Timestamp

A: 2/21/2018 22:40:04

Q: Score

A:

Q: Name (First and Last)

A: Kunal khosla

Q: What is your gender?

A: Male

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Started full-time work

Q: Why did you acquire or start using a smartphone?

A: For internet surfing and for various task

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Shopping (ex. Amazon, eBay), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Smartphone would be most distracting at the time of doing studies now a days

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4-5 hrs

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Neutral

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Office or other places

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: It harms our health

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Sometimes smartphone are good for students sometimes smartphone have negative impact like at the time of studies and through the wrong social media sites

Submission# 89

Q: Timestamp

A: 2/21/2018 22:47:27

Q: Score

A:

Q: Name (First and Last)

A: Nishtha Patel

Q: What is your gender?

A: Female

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: To stay connected to the world

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: While sleeping

Q: Approximately how many hours per day do you spend on your smartphone?

A: 3

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Neutral

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Often

Q: What are some reasons as to why your smartphone would be off?

A: I forget to charge the battery

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other week

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Rarely

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: None

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: -

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: -

Submission# 90

Q: Timestamp

A: 2/21/2018 22:49:00

Q: Score

A:

Q: Name (First and Last)

A: Utsav Desai

Q: What is your gender?

A: Male

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Homework

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Studying

Q: Approximately how many hours per day do you spend on your smartphone?

A: 2.5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other month

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Drained battery

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Getting rid of unnecessary apps

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Merits outweigh the demerits

Submission# 91

Q: Timestamp

A: 2/21/2018 22:51:37

Q: Score

A:

Q: Name (First and Last)

A: Zeel Dhaduk

Q: What is your gender?

A: Female

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: To Know the technology

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: I don't find it distracting

Q: Approximately how many hours per day do you spend on your smartphone?

A: 12 I guess

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: It's not off

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Strongly Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Strongly Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: None

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Skip

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Depends upon the person for the usage of a smartphone

Submission# 92

Q: Timestamp

A: 2/21/2018 22:52:22

Q: Score

A:

Q: Name (First and Last)

A: Dhiram Shah

Q: What is your gender?

A: Male

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: 2012

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Meetings

Q: Approximately how many hours per day do you spend on your smartphone?

A: 6

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Dead battery

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Different apps

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Overrated

Submission# 93

Q: Timestamp

A: 2/21/2018 22:57:14

Q: Score

A:

Q: Name (First and Last)

A: Anushka Gupta

Q: What is your gender?

A: Female

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Third Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: 11th Standard

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: I never allow it to become a distraction. It's always in the end in my list of priorities.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 2-3

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Disagree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other month

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: Meetings, Exams, Sometimes randomly depending on mood

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Rarely

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Stop usually it 30 hours before you go to sleep. Avoid while eating. During whole day fix a time slot (minimum 2 hours) where you will not even see your smartphone. Compulsorily throw it of during exams.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: If you know what actually worth your phone carries and how much significance it has in your life, you would automatically will be able to not spoil your life by it.

Submission# 94

Q: Timestamp

A: 2/21/2018 23:01:50

Q: Score

A:

Q: Name (First and Last)

A: Nandan Kalaria

Q: What is your gender?

A: Male

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: When it became a necessity in the race to cope up with the world. To stay updated, connected and ease day to day tasks.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Homework and studies

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4-5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Neutral

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: To focus on any work that I am doing

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: App locks with timers that only allow you to access an app for particular period of time

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Necessity

Submission# 95

Q: Timestamp

A: 2/21/2018 23:09:40

Q: Score

A:

Q: Name (First and Last)

A: Soumita

Q: What is your gender?

A: Female

Q: How old are you?

A: 25

Q: What year are you in higher education?

A: Started full-time work

Q: Why did you acquire or start using a smartphone?

A: It's an on-the-go experience and helps stay organised and informed

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Meals

Q: Approximately how many hours per day do you spend on your smartphone?

A: 3-4

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Disagree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: When I don't want people to disturb me during weekends

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Strongly Disagree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Strongly Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: None

Q: If you feel that excessive smartphone usage negatively affects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively affect your life, please skip this question.

A: I make sure I don't get addicted to it

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Well, usage of smart phone is different for different people. Some get addicted and some know to use it when needed

Submission# 96

Q: Timestamp

A: 2/21/2018 23:20:50

Q: Score

A:

Q: Name (First and Last)

A: Sugandha Wankhade

Q: What is your gender?

A: Female (ishhh)

Q: How old are you?

A: By body, 25. But 14 at heart

Q: What year are you in higher education?

A: Pursuing PhD Degree

Q: Why did you acquire or start using a smartphone?

A: Because I never used to get to meet Suyog. And I couldn't live without talking to him

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Photo & Video (ex. YouTube, Photo editing apps), Social Networking (ex. Facebook, Instagram, Snapchat), I often google search "Suyog hot pictures" on Google

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Dates with Suyog

Q: Approximately how many hours per day do you spend on your smartphone?

A: If I'm with Suyog for 4 hours, then remaining 20 hours on phone calls

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: Because Suyog asks me to, when I'm with him.

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Strongly Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Strongly Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Always

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: I was more obsessed with Suyog when I was meeting him in person

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I tried to video call then.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: They should stop using smartphones, go to India and bring Suyog here so that I don't have to use my smartphone at all.

Submission# 97

Q: Timestamp

A: 2/21/2018 23:25:29

Q: Score

A:

Q: Name (First and Last)

A: Naisargi buch

Q: What is your gender?

A: Female

Q: How old are you?

A: 17

Q: What year are you in higher education?

A: First Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: For communication purposes

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat), Digital drawing and editing apps

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Doing homework

Q: Approximately how many hours per day do you spend on your smartphone?

A: 6

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: So that it wouldn't be a distraction in classrooms

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I have apps that help me focus while studying such as tide. That also acts like a reminder for me to not use my phone whilst studying

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Smartphones can be really helpful if they are used correctly

Submission# 98

Q: Timestamp

A: 2/21/2018 23:59:44

Q: Score

A:

Q: Name (First and Last)

A: Priya Lachhwani

Q: What is your gender?

A: Female

Q: How old are you?

A: 23

Q: What year are you in higher education?

A: Started full-time work

Q: Why did you acquire or start using a smartphone?

A: To remain in contact with family, friends and colleagues.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Office (at times), Meals and meetings

Q: Approximately how many hours per day do you spend on your smartphone?

A: 3-4

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Lack of battery

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Avoiding it at work place and home.

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: I agree it is excessive, but we can also see that it is being used in studies via social networking. And emergence of holidays in form of trekking, helping the tourists, etc is helping to reduce mobile usage. Nonetheless, that time is far when people will use mobile phone almost to the extent necessary or it is highly unlikely that such kind of utopian state is going to arrive.

Submission# 99

Q: Timestamp

A: 2/22/2018 0:08:17

Q: Score

A:

Q: Name (First and Last)

A: Amrita Vinod

Q: What is your gender?

A: Female

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: For faster connectivity, and makes works more easier, and information are just a few taps away.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Notifications.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 1-2 hrs

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Often

Q: What are some reasons as to why your smartphone would be off?

A: Distraction, irritation, low power

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Never

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Switch off .

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Smartphones kills our time.

Submission# 100

Q: Timestamp

A: 2/22/2018 0:32:19

Q: Score

A:

Q: Name (First and Last)

A: Mitushi Ananya

Q: What is your gender?

A: Female

Q: How old are you?

A: 19

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: To become global.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: College lectures because they are boring.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 2-3 hours

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other week

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Battery low or to be away from people.

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Never

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Switch off the phone

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Use it to increase productivity.

Submission# 101

Q: Timestamp

A: 2/22/2018 0:42:30

Q: Score

A:

Q: Name (First and Last)

A: Jaivardhan Singh Channey

Q: What is your gender?

A: Male

Q: How old are you?

A: 23

Q: What year are you in higher education?

A: Started full-time work

Q: Why did you acquire or start using a smartphone?

A: To stay connected and to stay cool 🙌

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Shopping (ex. Amazon, eBay), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Meetings when the phone keeps vibrating

Q: Approximately how many hours per day do you spend on your smartphone?

A: Almost 6-8 hrs. Can't stay away

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other day

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: Battery died

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: To get apps that are informative and teach me something new. Instead of moving away from the phone, make phone your medium for learning

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: It should be controlled from a very young age!! Tell students about fun ways they can learn from their gadgets.

Submission# 102

Q: Timestamp

A: 2/22/2018 1:57:28

Q: Score

A:

Q: Name (First and Last)

A: Jhanvi Patel

Q: What is your gender?

A: Female

Q: How old are you?

A: 20

Q: What year are you in higher education?

A: Third Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Photographs

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Classroom

Q: Approximately how many hours per day do you spend on your smartphone?

A: 5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Disagree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Rarely

Q: What are some reasons as to why your smartphone would be off?

A: Battery dead

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Relationships

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Deleted various apps

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Very engaging and distracting

Submission# 103

Q: Timestamp

A: 2/22/2018 4:17:34

Q: Score

A:

Q: Name (First and Last)

A: Shrey Chauhan

Q: What is your gender?

A: Male

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: In 1st Year of my Bachelors Degree

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. eBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Meals

Q: Approximately how many hours per day do you spend on your smartphone?

A: 1

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Disagree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Often

Q: What are some reasons as to why your smartphone would be off?

A: I would keep it aside OFF when i am Studying

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Strongly Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I need to sleep more peacefully

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Students are increasingly using their smartphones for purposes other than just communicating and staying social but incorporation of E-Book versions of their textbooks can help divert their mind more onto productivity path

Submission# 104

Q: Timestamp

A: 2/22/2018 4:51:46

Q: Score

A:

Q: Name (First and Last)

A: Himani Patel

Q: What is your gender?

A: Female

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: Because in today's times it is literally impossible living without phone

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Meals

Q: Approximately how many hours per day do you spend on your smartphone?

A: 12 hours

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: Less battery

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other week

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Strongly Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Skip

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: It should be in some control.

Submission# 105

Q: Timestamp

A: 2/22/2018 4:53:16

Q: Score

A:

Q: Name (First and Last)

A: Nisha Hegde

Q: What is your gender?

A: Female

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Started full-time work

Q: Why did you acquire or start using a smartphone?

A: College

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Work

Q: Approximately how many hours per day do you spend on your smartphone?

A: 4-5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Neutral

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Disagree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Never

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: I'm busy or asleep

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Disagree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Just learn to leave it aside sometimes

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Smartphones are incredibly useful. We just need to learn to keep it aside and do other things as well

Submission# 106

Q: Timestamp

A: 2/22/2018 5:10:31

Q: Score

A:

Q: Name (First and Last)

A: Devyani Nighoskar

Q: What is your gender?

A: Female

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Started full-time work

Q: Why did you acquire or start using a smartphone?

A: 11th grade (at age 16)

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: at work and meals

Q: Approximately how many hours per day do you spend on your smartphone?

A: 7-8

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Often

Q: What are some reasons as to why your smartphone would be off?

A: No battery

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Every other day

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: I havent really taken any efforts

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: It stems from FOMO, we need to address that first.

Submission# 107

Q: Timestamp

A: 2/22/2018 5:21:08

Q: Score

A:

Q: Name (First and Last)

A: Dhyey Malkan

Q: What is your gender?

A: M

Q: How old are you?

A: 24

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: To call and use apps.

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), News/Sports (ex. BuzzFeed, New York Times, CNN), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: During designing and lectures.

Q: Approximately how many hours per day do you spend on your smartphone?

A: 3

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other month

Q: How often is your phone turned off?

A: Never

Q: What are some reasons as to why your smartphone would be off?

A: If battery is out.

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Sometimes

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Neutral

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Strongly Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Health

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Time management

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Should be used but that time spent should be controlled.

Submission# 108

Q: Timestamp

A: 2/22/2018 8:00:56

Q: Score

A:

Q: Name (First and Last)

A: Nikki Bhalodiya

Q: What is your gender?

A: Female

Q: How old are you?

A: 19

Q: What year are you in higher education?

A: Second Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: For easy communication

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: While reading

Q: Approximately how many hours per day do you spend on your smartphone?

A: 3-4

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Agree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other month

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: Low battery

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Disagree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Often

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Keeping yourself busy helps most of the time to avoid phones

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Lowering a bit won't harm.

Submission# 109

Q: Timestamp

A: 2/22/2018 8:02:04

Q: Score

A:

Q: Name (First and Last)

A: Jignesh kalal

Q: What is your gender?

A: Male

Q: How old are you?

A: 22

Q: What year are you in higher education?

A: Fourth Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: To connect more easily. The voyage between ppl living far away or to do business it's easy. Thus distance don't matter any more .

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Education (ex. Duolingo, iTunes U, Flashcard apps), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Food & Drink (ex. Starbucks, Uber Eats, GrubHub), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Shopping (ex. Amazon, eBay), Games (ex. Pokemon Go, Angry Birds), Health & Fitness/Lifestyle (ex. FitBit, Running apps, Workout apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: While working ...

Q: Approximately how many hours per day do you spend on your smartphone?

A: 2 sometimes 5 even

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Once or Twice

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: Gym , sleeping time,studio

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Often

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Strongly Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Never

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Outdoor activity has been minimised .

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: It's a good option to use smartphone ,it helps in getting knowledge , information etc within seconds You don't need to stand in line to pay villa anymore ... Moreover you get connected to ppl much faster ...

Submission# 110

Q: Timestamp

A: 2/22/2018 10:03:30

Q: Score

A:

Q: Name (First and Last)

A: Jessica Soriano

Q: What is your gender?

A: Female

Q: How old are you?

A: 18

Q: What year are you in higher education?

A: First Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: my older sister asked for one and my parents just got a second one for me

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Studying

Q: Approximately how many hours per day do you spend on your smartphone?

A: 5

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other day

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: Class, mass, headache

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Rarely

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Never

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Often

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: Yes

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Neutral

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Sometimes

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: Deleting apps to reduce temptation

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: Shouldn't be used in class

Submission# 111

Q: Timestamp

A: 2/22/2018 11:15:32

Q: Score

A:

Q: Name (First and Last)

A: Kruti

Q: What is your gender?

A: Female

Q: How old are you?

A: 21

Q: What year are you in higher education?

A: Third Year of Bachelor's Degree

Q: Why did you acquire or start using a smartphone?

A: To connect Nd be updated

Q: What kind of apps do you use the most on your smartphone? Check all that apply. If other, please explain.

A: Books (ex. iBooks, Audible, Kindle), Music (ex. Pandora, Spotify, SoundCloud), Navigation (ex. Google Maps, Waze, MapQuest), Entertainment (ex. Netflix, Hulu, Google Home), Photo & Video (ex. YouTube, Photo editing apps), Reference/Utilities/Productivity (ex. Dictionary, Google Drive, Email apps), Social Networking (ex. Facebook, Instagram, Snapchat)

Q: In what kind of settings do you find your smartphone to be the most distracting? Please elaborate. (ex. classrooms, doing homework, meetings, meals)

A: Classroom

Q: Approximately how many hours per day do you spend on your smartphone?

A: 5-6

Q: Rate your level of agreement here: I am satisfied with the amount of time I spend on my phone.

A: Strongly Disagree

Q: Rate your level of agreement here: I have found myself using my phone longer than I originally intended.

A: Strongly Agree

Q: Over the past year, how often have you felt unhappy or even depressed about your smartphone usage habits? (Choose the nearest estimate)

A: Every other month

Q: How often is your phone turned off?

A: Sometimes

Q: What are some reasons as to why your smartphone would be off?

A: To cut off from surrounding

Q: How often do you feel the need to check your notifications? (ex. text messages, social media notifications, email notifications)

A: Always

Q: Over the past month, how often have you felt anxious about clearing up all your notifications? (Choose the nearest estimate)

A: Once or Twice

Q: Rate your level of agreement here: People feel that you spend too much time on your smartphone.

A: Agree

Q: How often is your phone with you?

A: Always

Q: Do you ever purposely leave your smartphone at home to feel disconnected?

A: No

Q: Rate your level of agreement here: You have attempted to spend less time on your smartphone but are unable to.

A: Agree

Q: How often have you used your smartphone when you knew you should be sleeping?

A: Always

Q: Where does the smartphone negatively affect your life? Check all that apply.

A: Productivity, Relationships

Q: If you feel that excessive smartphone usage negatively effects your life, what are some remedies/apps that you have considered to fix it? If you feel that excessive smartphone usage does not negatively effect your life, please skip this question.

A: To keep phone off for sometime

Q: Briefly describe your thoughts or opinions on students and smartphone usage.

A: It should be contructively useful