**Media & Technology Fast**

Next week Wednesday, November 4th we will be conducting our "Media Fast'**.**

**DURING CLASS**, we will each spend one hour alone without any media and/or technology stimuli. We are using those terms *very* broadly. Separate yourself physically from your phone. If that feels unsafe (not just uncomfortable), turn your phone off (not on any airplane/do not disturb mode, but off). Please have a spot outside picked out, or a route to go for a walk, and proper clothing to stay comfortable.

READINGS DUE BEFORE CLASS -

I have uploaded two short readings in this Google Drive Folder: https://drive.google.com/drive/folders/1oUgXFN6SHZjNpf3PYHEzQDr29Bex8lkE?usp=sharing

1. The preface to 'PRESENT SHOCK' by Douglass Rushkoff. **You are only required to read the preface, which is pages 1-10 of the PDF file**. (You are welcome to read Chapter One, 'Narrative Collapse', but not required).

2. 'The End of Solitude' by Dalton Conley (chapter 22).

Both are short readings, please have them read by 1pm on Wednesday, November 4th. Highlight/Underline/Write Down any passages that resonate with you. Come to class ready to discuss the readings.

Email me with any questions, looking forward to seeing you all on Wednesday.

Best,

Ben