<powerpoint>

<slide 1>

Should We Depend on our cell phone less?

<picture>

<slide 2>

The Age of Smartphones

Albert Einstein, one of the most brilliant brains of the 20th century, is said to have predicted: "I fear the day technology will surpass our human interaction. The world will have a generation of idiots."

<slide 3>

How does the smartphone change the world?

In 2007, Steve Jobs unveiled the first i Phone

In July 2007, barely 9 million Americans owned a smartphone - only 4% of the entire mobile market.

Today everyone owns a smartphone.

<picture>

<slide 4>

<graph>

<slide 5>

Side Effects of using smartphones

Symptom:

Sleep disturbance

<picture>

<slide 6>

What is Nomophobia?

Nomophobia is a proposed name for the phobia of being out of cellular phone contact. It is, however, arguable that the word "phobia" is misused and that in the majority of cases it is another form of anxiety disorder.

<picture>

<slide 7>

<picture>

Phones are the biggest distraction for students. A research shows that 97% students use their phones during class for non-educational purposes.

<slide 8>

A video for cell phone Addiction

https://www.youtube.com/watch?v=VASyw Euq Fd8

<slide 9>

Put away your phone for a while

There are lots of things that more interesting than playing your phone!

<picture>

<slide 10>

5 Years Later: A Look Back at the Rise of the i Phone

http://www.comscore.com/ita/Public-Relations/Blog/5-Years-Later-A-Look-Back-at-the-Rise-of-the-i Phone?cs\_edgescape\_cc=US

The dark side of smartphone usage: Psychological traits, compulsive behavior and technostress

http://www.sciencedirect.com/science/article/pii/S074756321300397X

Study: 97% of college students are distracted by phones during class

https://www.eab.com/daily-briefing/2016/02/02/study-one-fifth-of-college-students-are-distracted-by-phones-during-class

Wikipedia, Nomophodia

https://en.wikipedia.org/wiki/Nomophobia

Hello, everyone! My name is Blake Epstein and today I'm going to talk about some issues with our phone use. I choose PPT because it can clearly show my point of view and it's easy to use. I think my audience are the students inside this classroom, because everyone use smartphone. This era is the age of smartphones. (Einstein) Like Einstein said, this era is good because we have advanced technology but it can also bring us trouble.

So let's see how does smartphone change the world. In 2007, Steve Jobs unveiled the first i Phone. However, it wasn't such a good device because its function was not so completed. According to the research, barely 9 million Americans owned a smartphone. That was only 4% of the entire mobile market. Up to today, almost everyone owns a smartphone. Let's look at the graph of the rise of the i Phone. We can see that users increase sharply since 2007. With the release of i Phone 4, more and more people choose to use smartphones.

People usually use smartphone for entertainment or to relieve stress. However, overusing the smartphone will lead to mental health symptoms, such as sleep disturbance, depression, social anxiety and Nomophobia.

What is Nomophobia? (..)

For students, smartphone is a great distraction. Do you guys have the experience that being distracted by smartphone? I am always playing my phone while I am doing my homework. It greatly decreases efficiency but I just can't get rid of it. As the research shows, phones are the biggest distraction for students. A research shows that 97% students use their phones during class for non-educational purposes. It's a big headache for professors.

There is a video about overusing the smartphone. It's called Are You Lost In The World Like Me? We can see the creepy scene that people walking like zombies in the street. It feels like the end of the world. And it's all caused by the phone. If we stay playing phones like that, it would be what our future like.

So, let's put away our phones for a while. Don't let your phone control your life. I think there are lots of things more interesting than playing phones.

Topic: I think that we should less depend on our cell phone

Audience: young generation(students in the classroom)

For critiques, I will use scholarly resources to prove my view. For emotions, I will play a video that shows the harm of overusing the smartphone. For logic, I will organize the speech logically.

I choose presentation because it can clearly show my point of view and it's easy to use. I can put pictures, words or video on it.