Good afternoon everyone！Now,everybody turn on your mobile phone and check your phone screen time. Raise your hand if you’ve checked your phone in the last 10 minutes. Now, keep it up if you’ve spent more than 4 hours on screens today. In this age, screens have become an integral part of our lives.But, I still think the university setting up mandatory screen-free days can benefit college students.

First, the science is clear: Participating in mandatory screen - free days brings benefits to our mental and physical health. A University of York study found that after just 21 days without smartphones, students fell asleep 20 minutes faster, slept 1 hour longer, and saw 17% less depression. No endless scrolling means no comparison traps or dopamine crashes—just real rest.

Second, multitasking on screens is literally fragmenting our focus. USC research on 2,500 teens proved heavy screen users develop ADHD-like symptoms. Worse? Heather Munro says brain imaging studies show social media triggers the same frontal cortex damage as cocaine—compulsive, erratic behavior included.

So what can we do?

1. Start small: Designate one screen-free evening weekly. Use it for face-to-face talks, journaling, or walks.

2. Create tech-free zones: Dorm lounges or library corners where phones aren’t allowed.

3. Try the “20-20-20 rule”: Every 20 minutes, look at something 20 feet away for 20 seconds—save your eyes and focus.

In China, Yao Ming called screen addiction a national crisis. Let’s lead the change. Put down your phone, join a club, or just stare at a tree—your brain will thank you.In conclusion, mandatory screen-free days offer many benefits to college students. It can help us reduce anxiety, improve our mental health, and improve our concentration. So let's take a break from the screen and reconnect with ourselves and the world around us for a healthier, more balanced life. Thank you!