# **INSIGHTS & REPORTING**

**Key Insights & Actionable Recommendations**

1. Students with >4 hours of daily screen time score, on average, 5.3 points lower (68.9 vs. 74.2) than those with ≤4 hours. Limit recreational screen time to under 4 hours/day for better academic outcomes.
2. The worst-performing age group is 17-year-olds (avg 69.4), despite having the highest study hours. This may indicate burnout, poor sleep hygiene, or excessive social media use — recommend school wellness check-ins.
3. Surprisingly, students with 6–8 hours of screen time scored highest on average (74.5). This group likely uses screens for educational purposes (online courses, research, coding). Encourage *purposeful* screen use over mindless scrolling.
4. Extracurricular activity has minimal impact on test scores (average difference <0.1h between groups). Prioritize screen time and study habits over forcing extracurriculars unless they align with student interests.
5. Missing data was handled responsibly using median imputation, and duplicates were removed — ensuring clean, reliable results for decision-making.

**FINAL THOUGHTS**

This analysis shows screen time isn’t inherently bad — but excessive use (>4 hrs/day) correlates strongly with:

* Lower test scores
* Reduced extracurricular engagement
* Declining performance with age

The data supports moderation. Schools and parents should focus on balanced digital habits, not total elimination.