Unit 8 : Topics in Computer Science

Activity 1: Environmental Stewardship and Sustainability

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1. There are a few aspects to a proper computer workstation. One factor is a tidy area because everyone knows cleanliness is next to godliness. Another is you should have a nice quiet area so that when you are getting work done you can concentrate and put more of an effort into your work.

There is many things that some people can do wrong at their computer station that will affect their safety in the long road. Lots of people will have their monitor at a different angle so that there neck is always tilted in a certain direction, the monitor should be directly in front of you about 12” – 24” away. Their shoulders should be up straight to take strain off of their back. Hold the mouse properly by putting your fingers above the mouse button in a relaxed manner. In the short run make sure you do not have any open wires or some beverages which can spill and fry your system and may even electrocute you.

2. Computer video game addiction is excessive or compulsive use of computer video games that interferes with daily life. Some signs or symptoms seem to be the same as some drug addiction symptoms. Players tend to care more about the game then their own real lives. Players will play many hours per day, they can lose or gain weight, their sleeping patterns may change, play while working, and start cutting off relationships with people from every day life. Some negative effects of this addiction are, the person may develop ADD or ADHD, their school performance will drop, they will have problems with their family, and playing violent games tend to make players more physically aggressive. The research to try and correct this addiction is still in its preliminary stages but three ways that are so far most effective are psychopharmacology, psychotherapy and twelve-step programs.

3. At home I have to computers. One is a desktop and a laptop. For my desktop on my keyboard a have a hotkey that automatically puts it to sleep so whenever I leave my desk I can just put it to sleep. For my laptop whenever I close the top it puts it to sleep.

## 4. In my area, Thunder bay, there is a company called JC’EWASTE Thunder bay’s Computer & Electronics Recycle Depot, they are willing to take all sorts of broken electronic equipment anywhere from Computer Motherboards to speakers and GPS’ devices. Also another place to take EWaste is Pack Pros they accept the following e-waste: desktop computers, laptop computers, periphals such as mice, keyboards, disk drives, desktop printers, fax machines, televisions and computer monitors. Televisions and computer monitors need to be intact without broken screens to be accepted.