

WhyOurScreensMakeUsLessHappy_2

Time Subtitle

1:34 because he said, "They haven't used it.

1:36 We limit how much technology our kids use at home."

1:39 This is a very common thing **in the tech world**.
在科技界 in the ...world 例如:in the medical world
in the software world
in the network world

1:43 In fact, there's a school **quite near Silicon Valley** 硅谷
near/close/nearby Is there a Police Station near here?
He works in the nearby police station.

1:46 called the **Waldorf School of the Peninsula**,
半岛华德福学校
introduce into 引入 Please allow me to introduce you to our
headmaster.Adams introduced smart red traps into

1:48 and they don't **introduce** screens until the eighth grade.

1:51 **What's really interesting about the school**
what's really+adj.+about the + n.+ is that

1:53 **is that** 75 percent of **the kids who go there**
what's really happiness about the news is that I can study abroad for free.

1:55 have parents who are **high-level** Silicon Valley **tech execs**.
技术主管

1:59 So when I **heard about this**, I **thought** it was interesting and
I never heard that before. concept/think/thought/notion/impression on
We've heard that you would graduate soon. This thought kept me awake all night.
Do you have any thoughts or comments?
surprising,

2:02 and **it pushed me to consider** **what screens were doing to**
push+sb.+to do.. 屏幕对我做了什么?
With development of tech , it push me to study hardly to obtain more oppotunites.
It pushed me to consider what you were doing to me when I was sleeping.
me

2:05 and to my family and **the people I loved**,
我爱的人

2:07 and to **people at large**.
一般人, 大部分人

2:09 **So for the last five years**, a couple of years before/after 几年前/后
所以在过去的五年里 so for the last five months/weeks/days

2:10 **as a professor of business** and **psychology**, 心理学
as a software engineer of vehicle industry and artificial intelligence
Why is this book in the psychology section? She has a background in child psychology.

2:13 **I've been studying the effect of screens on our lives**.
I've been studying the effect of self-driving on the transpotations.
我一直在研究屏幕对我们生活的影响。

2:16 And I want to start by just **focusing on** how much time they
Focus on the Present
Today we're going to focus on the question of homeless people.

take from us,
从..获取

We talked about such subjects as the weather. I can't imagine what he looks like.

2:20 and then we can talk about what that time looks like.

我将展示给你

I'm just your average man in the street.

2:23 What I'm showing you here is the average 24-hour workday

2:26 at three different points in history:

2:28 2007 -- 10 years ago --

2:30 2015

2:31 and then data that I collected, actually, only last week.

2:34 And a lot of things haven't changed

2:36 all that much.

The little boy was pushed roughly aside.

2:39 We sleep roughly seven-and-a-half to eight hours a day;

2:41 some people say that's declined slightly, but it hasn't changed much.

2:45 We work eight-and-a-half to nine hours a day.

attend/join

生存活动

2:48 We engage in survival activities --

2:50 these are things like eating and bathing and looking after kids --

2:53 about three hours a day.

2:54 That leaves this white space.

2:56 That's our personal time.

2:57 That space is incredibly important to us.

3:01 That's the space where we do things that make us individuals.

3:04 That's where hobbies happen, where we have close
relationships,
3:07 where we really think about our lives, where we get
creative,
3:10 where we zoom back and try to work out
3:11 whether our lives have been meaningful.
3:13 We get some of that from work as well,
3:15 but when people look back on their lives
3:17 and wonder what their lives have been like
3:19 at the end of their lives,
3:20 you look at the last things they say --
3:22 they are talking about those moments that happen in that
white personal space.
3:26 So it's **sacred**; it's important to us.
3:28 Now, what I'm going to do is show you
3:30 how much of that space is taken up by screens across time.
3:33 In 2007,
3:35 this much.
3:36 That was the year that Apple introduced the first iPhone.
3:39 Eight years later,
3:41 this much.
3:43 Now, this much.

3:44 That's how much time we spend of that free time in front of our screens.

3:48 This yellow area, this thin sliver, is where the magic happens.

人类生活

3:51 That's where your **humanity lives**.

3:53 And right now, it's in a very small box.

Main Points:1.The screens make us less happy because the screens take up too much of our personal time.
2.The screens make us less happy because the screens have no stopping cues.
3.The screens make us less happy, so we should stop using the phones.

We often don't take into account how much of our time is spent staring down into our screens everyday. It is something that we have adopted to do with technology advancements.