Outline: Technology Addiction – Too Connected?

1. Introduction
2. Body
   1. History of Technology Addiction (D)
      1. the average millennial picks up their smartphone 150 times a day
      2. 40 percent of people have some kind of internet-based addiction
      3. email (which the average worker checks 36 times an hour)
      4. With apps like Facebook, Instagram and WhatsApp, we can stay in touch with people around the world 24 hours a day.
   2. What is technology addiction? (A)
      1. “a chronic disorder with biological, psychological, social and environmental factors influencing its development and maintenance.”
      2. Obsession
      3. Dependence
      4. Reliance
      5. Consequences (B) (C)
         1. Feeling of isolation
         2. Anxiety
         3. Depression
         4. Isolation
         5. Avoidance of work
         6. Inability to prioritize
      6. Physical symptoms
         1. Poor nutrition
         2. Poor hygiene
   3. What about technology makes it addicting? (B)
      1. The internet
      2. Video/Computer games
      3. Smart phones
      4. Social Media
   4. Risks of over using? (B)
      1. Relational security
      2. Unhealthy desire for availability
      3. Sleep disorders
      4. internet addiction disorder (IAD)
   5. Addiction Prevention?
      1. Offline timeouts
      2. Balancing activity and online use
      3. Plan more social interactions face-to-face
   6. Interview with Nick Siclair
      1. Software engineer at Emprise technologies.
      2. Questions:
3. Conclusion
   1. Touching base on important points in paper and leaving a lasting impression for last point.
4. Reference
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