

Attention!

✚ ***Make a list of three things / situations that distract you.***

✚ ***Study these phrases***

Page through updates

Be pulled away

Engage with technology

Drive interaction

Set intentions

Develop tactics

Make decision

✚ ***Watch and make a list of the things mentioned in the video.***



✚ The professor offers this explanation. Analyze it with your class.

When you're focusing on something, you activate a network in your brain that involves the prefrontal cortex, and its connectivity with the rest of the brain.

If there is a distraction, **it** degrades the strength of this connectivity, and **that** degrades your performance.

You can be pulled away from something that's really important to you by something that's really superficial.

✚ How does he describe a healthy relationship to technology? Make some notes.

✚ Imagine you are the leader of the programming team in your company. So your boss asked you to write ten ideas to give recommendation on what people **SHOULD** /

Shouldn't do to focus on work.

Must, Mustn't, have to

You must : you have to is used for obligations

TO BE allowed means you have permission to do something.

MUSTN'T is used for prohibition

How does technology affect family life? What are rules?

Watch the video and write rules associated with people's comments.

