

OVERDEPENDENT ON TECHNOLOGY : A CLOSER LOOK

**A DISCUSSION ON TECH'S IMPACT ON THE VARIOUS
SECTOR**



THE REASON FOR CHOOSING THIS TOPIC

01

Technology has become an integral part of our daily lives

02

It is essential to understand the positive and negative impacts of technology in our life.

03

To understand how it affects individual and society.

04

Explore ways to overcome addiction

05

Promote healthy digital habits

HOW IS IT GONNA BENEFIT US

- 01** Increasing awareness
- 02** Provide insight to the consequences of overreliance on technology.
- 03** Encouraging technology companies
- 04** Socializing

MATERIALS

01 We are going to conduct a survey on our friends and classmates

02 We are going to ask them about their opinion regarding this topic using open ended questions and questions with options.

03 After collecting these data, we are going to calculate the average percentage of these data and present them in a line graph. And of course, the survey will be conducted on EWU campus only.

THE SOLUTION TO THE PROBLEM

- 01** Limiting Screen Time
- 02** Promoting face-to-face communication
- 03** Encouraging Physical Activity
- 04** Encouraging mindfulness

Conclusion

OVERALL, THIS TERM PAPER AIMS TO PROVIDE A COMPREHENSIVE UNDERSTANDING OF THE IMPACT OF OVERDEPENDENCE ON TECHNOLOGY AND ITS POTENTIAL SOLUTIONS. IT IS ESSENTIAL TO ADDRESS THIS ISSUE TO ENSURE A HEALTHY AND BALANCED LIFESTYLE IN THE DIGITAL AGE.



Thank You

FOR TAKING THE TIME TO BE HERE AND LISTEN TO OUR
PRESENTATION.