**THE REASON FOR CHOOSING THIS TOPIC**

* Technology has become an integral part of our daily lives.
* It is essential to understand the positive and negative impacts of technology in our life.
* To understand how it affects individual and society.
* Explore ways to overcome addiction.
* Promote healthy digital habits.

**HOW IS IT GONNA BENEFIT US**

* Increasing awareness
* Provide insight to the consequences of overreliance on technology.
* Encouraging technology companies
* Socializing
* To communicate

**MATERIALS**

* We are going to conduct a survey on students and some faculty members.
* We are going to ask them about their opinion regarding this topic using open ended questions and questions with options.
* After collecting these data, we are going to calculate the average percentage of these data and present them in a bar graph. And of course, the survey will be conducted on EWU campus only.

**THE SOLUTION TO THE PROBLEMS**

* Limiting screen time
* Promoting face to face communication
* Encouraging physical activity
* Encouraging mindfulness

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.