**Oral Proposal Presentation Outline**

# **1. What is the title of your term paper?**

**Answer:** The title of the term paper is “Overdependent On Technology: A Closer Look.”

# **2. Why have you chosen this topic?**

**Answer:** We have chosen the topic of technology because technology has become an integral part of our daily lives, from our smartphones to our laptops and tablets. While there are countless benefits to these devices, but it is essential to understand the positive and negative impacts of technology and find ways to mitigate the negative effects.

# **3. How is the term paper going to benefit others?**

**Answer:** The term paper will benefit others by increasing awareness on overdependence on technology. Moreover, it will provide practical solutions to reduce the risks of overdependency. lastly it will encourage socializing which can also improve critical thinking and communication.

# **4. How do you intend to proceed with your term paper? What kind of materials are you going to incorporate in your term paper?**

**Answer:** Our term paper will contain some materials such as: Abstract, Introduction, Methodology, Findings, Discussion, Conclusion, Reference, and Appendix.

# **5.What are the probable solutions to your problems that you are going to address/propose in your term paper?**

## **Answer:** To solve the problem, we can set boundaries on our technology use, such as limiting screen time, turning off notifications and avoid checking notifications before bed.

## Firstly, limiting screen time can improve our sleep, reduce stress and increase productivity.

## Secondly, promoting face-to-face communication can strengthen our relationships and enhance empathy.

## Thirdly, encouraging physical activity can boost our physical health, energy levels and mood.

## Finally, practicing mindfulness can help us manage stress, and increase focus.

## In conclusion, this term paper will help us a lot to understand the impact of technology on our lives and encourage us to enjoy the simple pleasure of life.