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AW11

### Reader's Response: Are We Too Dependent on Technology?

The article, titled "Are We Becoming Overly Dependent on Technology?" is analyzing all possible drawbacks of increasing dependence on digital technology. Aspects of alarms have been raised with respect to cognitive impairment, on the basis of research associating uses of technology with diminished activity in the hippocampus and "digital amnesia." The author even discussed the loss of manual skills in careers excessively dependent on technology. Although admitting the merits of technology, the article implored readers to balance and advocate prudent usage of technology toward maintaining cognitive capabilities and important skills.

Indeed, technology is frequently so amazing and effective that some people believe that if it is used excessively, it may cause brains to weaken and cause people to lose their fundamental abilities. The phrase "digital amnesia" appears to fit the issue nicely, learning something too quickly might discourage people from genuinely remembering or keeping it. This part of the article is crucial because it highlights how much of their talents may be lost if they rely too much on automated methods. A more thoughtful examination of how technology may complement human cognition rather than replace it would have improved this. For example, instead of focusing on rote information recall, educational technology could be designed to stimulate critical thinking and problem-solving abilities. Once more, for instance, it could accurately and efficiently support human labor in the workplace. The difficulty, however, lies in fostering the culture that we can develop as conscientious technology users so that we can profit while preserving our practical and cognitive abilities.