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The capacity for adaptation has aided humans for hundreds of thousands of years. It's the reason that humans have become the dominant species on the planet, and adaptation is something that is always occurring in the human population. However, due to the developments of technology, we have lost some adaptations that our ancestors once greatly relied on. For example, there has been a declining trend in people's ability to see in the dark, since we have flashlights and expansive lighting systems in our homes. As technology has become more and more advanced, it has more drastically changed the way that humans think and act. This significant change has become a large topic of conversation in the 21st century, and has a lot of contrasting perspectives. Some skeptics, like American journalist and writer Nichola Carr in his article in *The Atlantic*, "Is Google Making Us Stupid?", believe that society is on a decline because of the way technology has altered our minds. Meanwhile, there are people like Sam Anderson, a writer for *New York* magazine, who takes a more progressive stance on our technology-induced changes in his article titled, "In Defense of Distraction", and weighs the negatives of these changes with the benefits that they may bring. I believe that the impact technology and the internet has had on human behavior has been more destructive than beneficial, and is only projected to get worse if developments continue the way that they are.

On the surface, the ease with which the internet allows us to find information is a blessing. However, both Carr and Anderson convey that the long-term effects of this simplified

process are alarming. Carr provides insight into this idea by connecting his more regular use of the internet to a loss of attention span and critical thinking that he and his colleagues have been experiencing. According to Carr, “[Media] Supply the stuff of thought but they also shape the process of thought. And what the Net seems to be doing is chipping away my capacity for concentration and contemplation. My mind now expects to take in information the same way the Net distributes it: in a swiftly moving stream of particles” (Carr, 2). The point Carr is making here is that in our extensive use of the internet, our minds are mimicking the ways in which the internet functions. We expect information to be handed to us on a silver platter and are losing our ability to zero in on a lengthy source and hunt for the knowledge that we are seeking. As this transformation occurs, we are losing our ability for discourse that truly adds something new to a conversation instead of the information that is provided in the most straightforward way possible