

Journal 15: Page 2, paragraph 2. I agree with this sentiment. I believe that we as a society are dealing with a great deficit in attention. Personally, I am painfully self aware of this fact, and yet I am still unable to fully eliminate this habit. In the short term, there are no negative repercussions of mindlessly scrolling from app to app. It gives me the dopamine hits that I want and it feeds into my procrastinating behaviors. However, in the long term, I know that this behavior is only hurting me. It is making me addicted to technology and unable to be focused and productive. This leads to simple tasks, like reading this article, for instance, take twice as long as it should because I am so easily drawn away from the task at hand. I am not alone in this behavior, though. I cannot even begin to count the amount of times I have been studying with friends and at some point we all just end up on our phones.

Page 11, paragraph 3. I have complicated feelings. On one hand, there are clearly upsides to this quick and efficient thinking. It is very productive and can lead to innovative ways to solve problems with maximum efficiency (modern Taylorism). In the age that we live in, this is clearly the best way for our brains to adapt to the inundation of knowledge we are faced with. On the other hand, we must also acknowledge the drawbacks of this adaptation. When tasked with actually having to zero in on an activity, we are slowly becoming more incapable. Try as we might, it is a large task to find a way to organize this distraction. This requires a lot of hard work, and due to a decrease in attention, people are not willing to put in this work. It is much easier to simply conform to what our brains have become, rather than retrain it. Either stance you choose to take, a solution is only achievable if people want to change.