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Four hours. That's how long it's taken me to come up with this sentence, which is a stupid and embarrassing amount of time just to think of this mediocre hook to a paper. I blame social media, the internet, and myself of course. Those 4 hours were wasted scrolling through Instagram because I no longer possess the thinking ability or attention span to sit at my desk without my phone and do work like a functional human being. Unfortunately, I know for a fact that I'm not the only one who struggles with the loss of deep thinking. With the recent rise of advancements in modern technology tons of people go through the same struggle of being unable to think deeply or accomplish work without the looming and evergrowing urge to pick up their phone consuming them. The loss of deep thinking and inability to accomplish work was written about by American Journalist/Author and Harvard graduate, Nicholas Carr in his writing *Is Google Making Us Stupid?* Where He explores the mental effects that the online world is having on people. On a similar note, Mae Buchanan a freshman at the University of New England wrote "Technology's Effect on our Deeper Thinking" Analyzing the effects social media has on our deeper thinking. Another similar writing by Natalie Bell also a freshman at the University of New England, in her writing "The Powers and Drawbacks of Technology", she too discusses the negative effects of technology. From what I've experienced and from what I've heard from peers, I believe that technology has stunted our ability to think deeply or accomplish work.

The way we take in information and process it is different for everyone, whether it's our ability to read and absorb the information or our ability to pick out misinformation from real information online. On the topic of reading Carr writes about a study conducted by University College London focused on the "study of online research habits" The scholars examined computer logs and documented the behavior of the visitors on two popular research websites. The first site is run by the British Library, and the second site is run by a U.K. educational consortium. Both sites give access to e-books, journal articles, and many other sources of written information. Carr writes:

"They found that people using websites exhibited "a form of skimming activity," hopping from one source to another and rarely returning to any source they'd already visited.

They typically read no more than one or two pages of an article or book before they would "bounce" out to another site."(3)

While the study comes across as a little creepy to me, by which I mean tracking people's activity on websites and recording it. The study shows concrete evidence of people being unable to hold their attention on one thing long enough to obtain any information but whatever is shallow and right on the surface. Skimming shows either our inability or unwillingness to think deeper so we (as said by Carr) "bounce" from place to place, one paragraph to the next, one article to another, only grazing the information and never pulling any real value from it. Possibly from the sheer laziness that the internet has inflicted upon us by giving us everything we want, the second we want it without needing to do in-depth searches or work for it. On the very same topic of skimming articles Bell writes, "Since I have nonstop access to Internet, I can access anything. I need to at any given point. When getting assigned readings for homework, I have found myself skimming over the passages to get it done faster. Nothing makes me not able to retain all the

information I was supposed to causing me to take more time and reread the assignment.”(Bell). I too can relate to this experience. Tons of time has been spent “reading” and skimming and rereading assigned articles, more time than I’d like to admit, time that could be used to do other things. Yet, I sit there looking over the same words for what feels like forever just trying to think deep enough to grasp a hint of information or meaning from the page. Shifting the focus to social media Buchanan writes,

“With the influx of social media this can be seen better than ever before. And the main transition we are seeing is people going from deep thinking to shallow thinking.

Everywhere you look, there are gossip websites that portray themselves as news sites.

And many people fail to see this and end up believing what these sites post.”(Buchanan).

“We tend to become “mere decoders of information.” our ability to interpret text, to make the rich mental connections that form when we read deeply and without distraction, remains largely disengaged.”(3).

Give background information on this quote

“All of which is a result of shallow thinking. The information that we consume on the daily needs to be processed quickly in order for us to comprehend the hundreds of videos. And post we scroll through on the daily. And with the fast consumption of Information people are also quick to comment, repost and share.”(Buchanan)

“Interpreting the reading is one major step in reading as well. If you don’t understand the main point or even topic of the essay, did you even retain anything that the article was about”(Bell)