
Agenda

- ❖ 1) Moderation in an Age of Constant Connection
- ❖ 2) The Myth of Multitasking
- ❖ 3) FOMO v. JOMO
- ❖ ++++ Break ++++
- ❖ 4) One man's quest for moderation: Paul Miller
- ❖ 5) In-class Group Activity: Finding Moderation in an Age of Constant Connection.



How do we lead “good lives” in an era of constant connection?

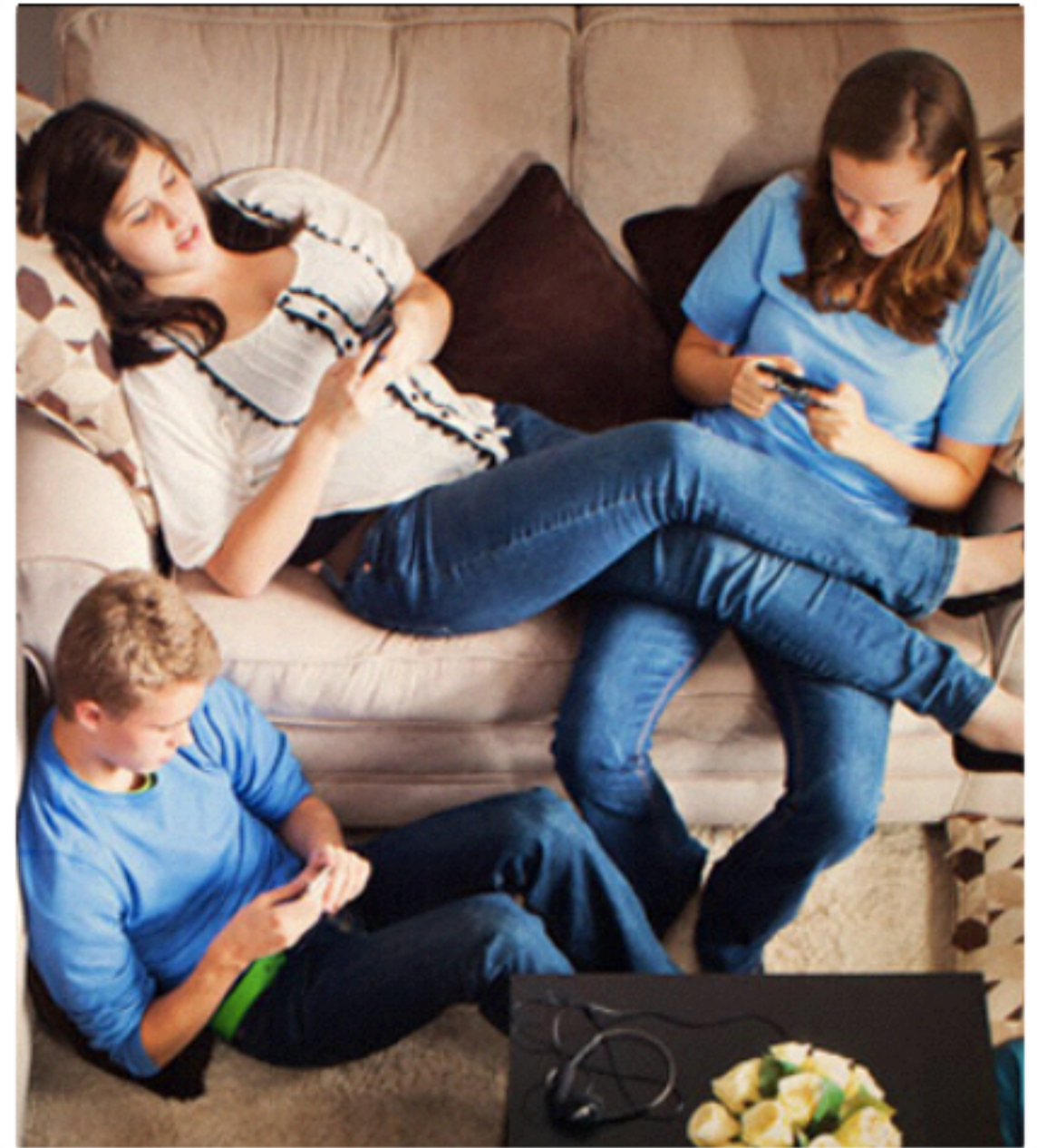
Moderation in an Age of Constant Connection

- ❖ The average American spends 8-12 hours per day looking at a screen (television, mobile phone, computer)
- ❖ Over 30% of leisure time dedicated to internet use.



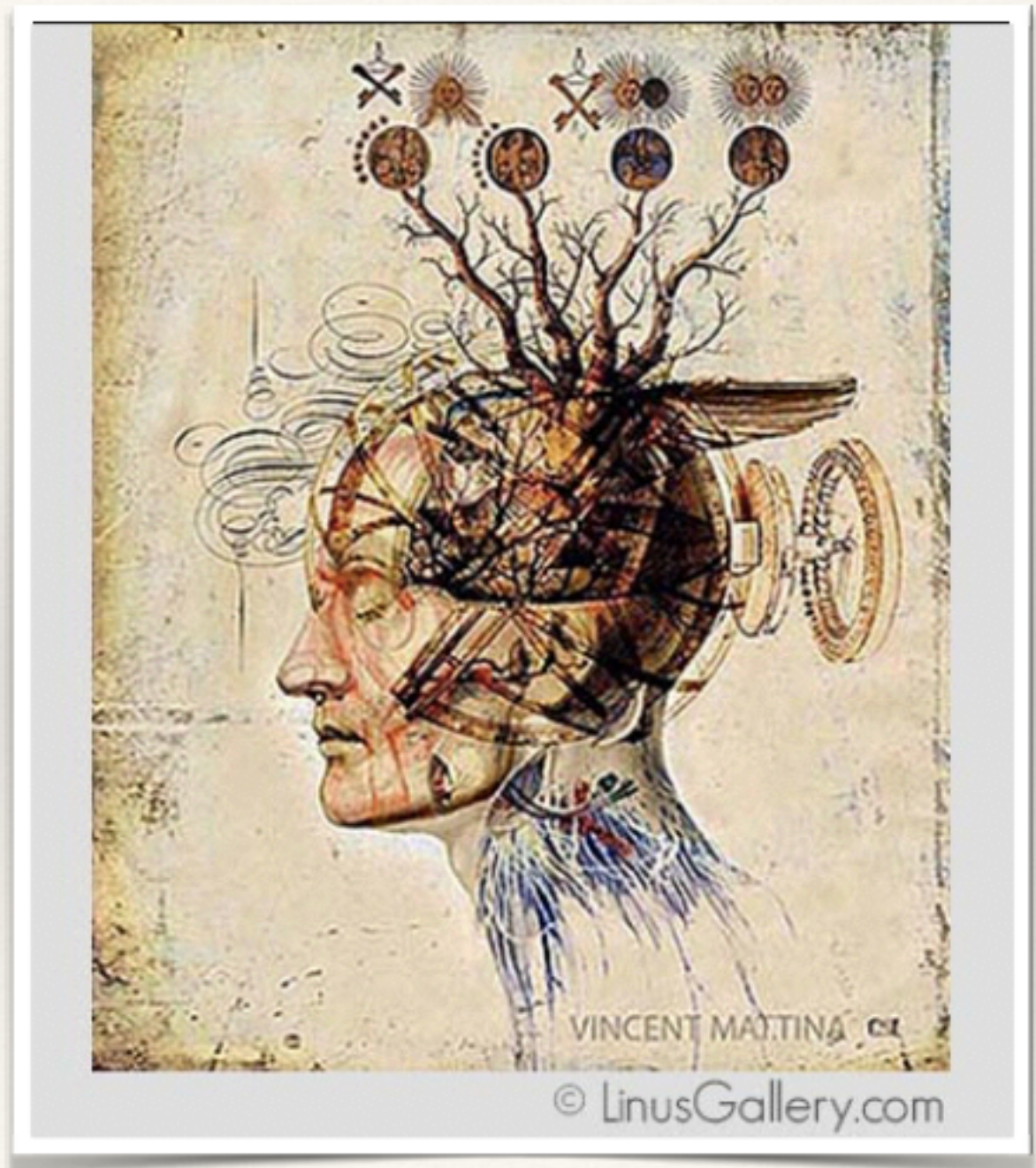
What drives the era of constant connection

- ❖ Increased work hours
- ❖ Broad shift to individual labor
- ❖ Relatively trivial cost of communication
- ❖ Seductive aspect of technologies
- ❖ Question: How do we manage all these technological possibilities?



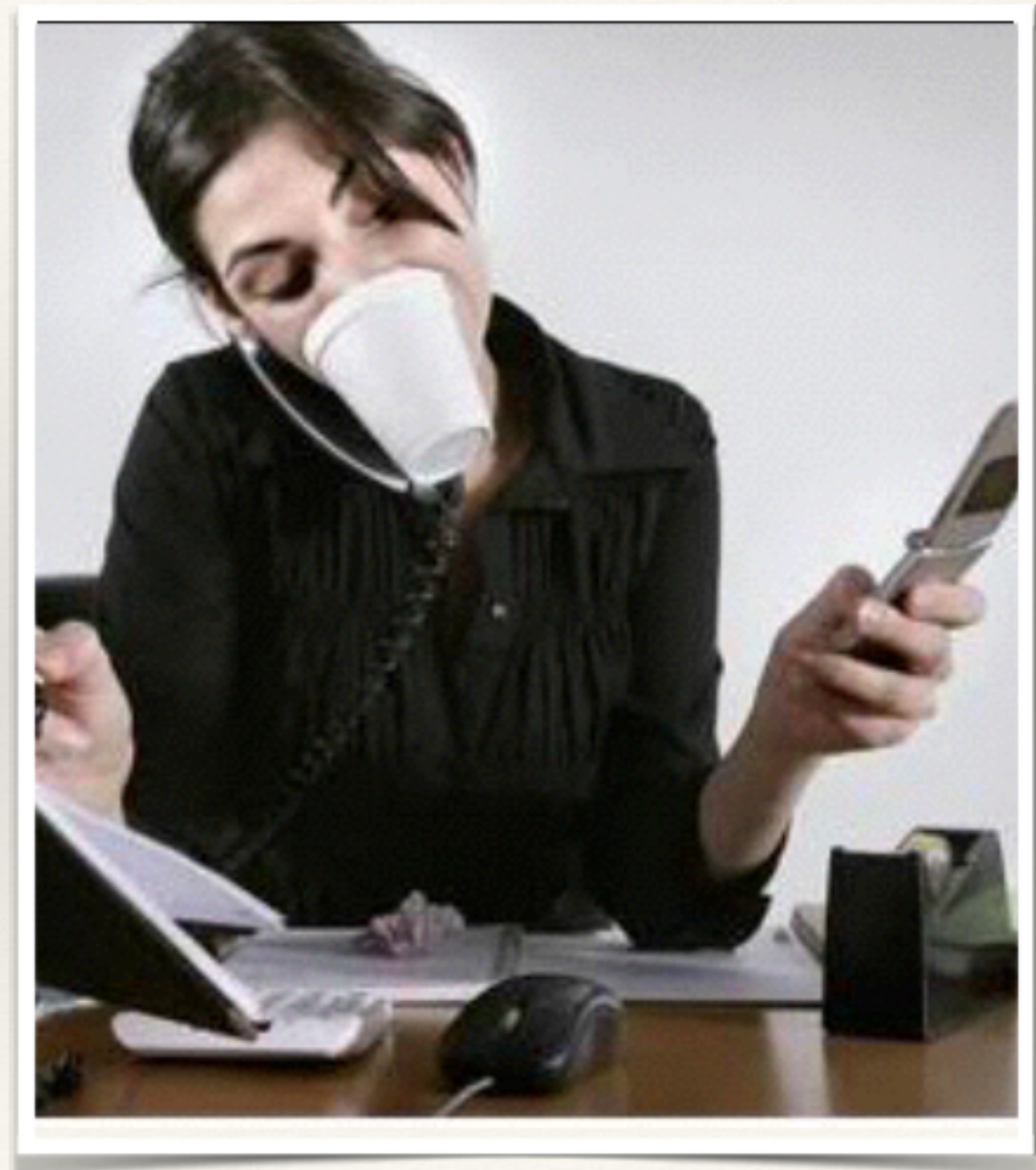
What this means for technology use

- ❖ Principle of partial media displacement states that every time a new technology or service appears, it steals time from (a) other media activities (e.g., watching films, reading books, etc.) and then (b) non-media activities (e.g., having conversations, going outside, etc.)



The Myth of Multitasking

- ❖ Myth: Most people think they can effectively multitask (i.e., do multiple tasks at one time).
- ❖ Many college students, for example, use four or more media at one time while doing a single activity.
- ❖ For example, while writing a paper, they (a) listen to Spotify, (b) check email, (c) text with friends, and (d) monitor social media. These are unrelated.



The Myth of Multitasking

- ❖ Why is it a *myth*? Because it's not true. People who multitask tend to be
 - ❖ - more easily distracted
 - ❖ - poorer memory retention
 - ❖ - worse filtering habits
- ❖ They even tend to be worse at multitasking!



The costs of Multitasking

- ❖ Researchers find that people who multitask over-focus on “positive” messages and are afraid to discuss negative emotions.
- ❖ Multi-taskers have lower self esteem and poorer sleep patterns.
- ❖ It turns out that people need basic face-to-face conversations, unmediated by digital devices.



FOMO vs. JOMO

- ❖ Fear of Missing Out (FOMO): A social anxiety producing a sense of missing opportunity for a social interaction.
- ❖ Advertisers use it to lure customers into their brands and products.
- ❖ <https://www.youtube.com/watch?v=CczZMmYB2FU>

27%



27% check their social networks first thing as soon as they wake up



"We create an online world which reality cannot meet."

Fomo Parodied

Dutch college student fakes 5 week trip to Thailand by faking social media updates.

FOMO vs. JOMO

- ❖ Joy of Missing Out (JOMO):
Explicit decision to disconnect from digital devices, as well as the emotional pleasure gained from doing so.



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One Man's Quest for Moderation

- ❖ Paul Miller, Senior Editor at *The Verge*.
- ❖ Went offline for a year.
- ❖ His reflections: "My Year Without the Internet."



Paul Miller: Key terms & questions

- ❖ Nicholas Negroponte
- ❖ Online browsing versus “utility” use
- ❖ What feelings did Miller experience upon quitting the internet?
- ❖ How did his interactions with people change?
- ❖ What drawbacks does he identify?
- ❖ Why won't “leaving the Internet” fix his problems?
- ❖ What solution does he propose to the problem of constant connection?

In-Class Group Activity

- ❖ In your groups, please discuss your experiences abstaining from technology use. Answer the following questions:
- ❖ 1) In what ways were your experiences similar to or different from those reported by Paul Miller?
- ❖ 2) In what ways does abstaining enhance or limit a sense of happiness?
- ❖ 3) According to your group, how does one balance technology use in an age of constant connection?