

# Helping Your Students Overcome Tech Addiction

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## GOAL

- Assist parents in helping students overcome tech addiction
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## FORMAT

- 1-hour interactive seminar provides a deeper understanding of student tech addiction and how to address it
  - unlimited question and discussion session post-
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## SEMINAR TOPICS

- The causes of tech addiction
  - The negative consequences of tech addiction
  - The challenge of overcoming tech addiction
  - Our research on kids' own feelings about their tech addiction
  - The spectrum of possible behavioral outcomes
  - How school stakeholders can support, or obstruct, your efforts
  - Techniques you can use to help students overcome their tech addiction
  - Defining the behavioral outcomes you wish to achieve
  - Choosing the tools of influence you will use
  - Determining your stakeholder strategies
  - Creating your action plan
  - Creating your implementation calendar
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## OUTCOME

- A detailed plan you can implement immediately



## About the Speaker

Michael Mercier is Founder and President of Screen Education.

Mr. Mercier has conducted numerous research studies on tech addiction with teens, college students, summer campers, parents, adults, and full-time employees.

He has spoken on smartphone addiction to schools, corporations, colleges and summer camps. He has held sessions on teen smartphone addiction at numerous conferences, including educational technology, summer camp, and marketing conferences.

Mr. Mercier has presented his research to members of Congress and Senate staff, and Congressman Brad Wenstrup made a House floor speech about his findings on cyberbullying. He has been interviewed on a variety of radio and television shows around the country.

He holds a BA in Psychology from Vassar College, an MBA in Marketing from the University of Michigan, and an MS in MIS from the University of Cincinnati.



## About the Organization

Founded in 2016, Screen Education's mission is to understand the negative impact new advances in information technology have on human wellness, to develop solutions to these problems, and to disseminate this information to the public. We do this by conducting research, and providing seminars and consulting services. Screen Education's current focus is on smartphone addiction and its impact on academic performance, friendships, social life, cognitive function, home life, and workplace productivity.