



How to stay focused and not get lost on social networks



A definition

The large use of digital devices and social media affects attention span. In this sheet, we will propose some techniques to stay more focused and avoid being hypnotised by social media.



Why is this important?

Social media have a big distracting power as they aim to keep the users on their platform for as long as possible. Notifications get in the way of focusing on tasks, and scrolling tends to make us sadder, not happier. According to a [US study](#), more than 57% of interviewed said social media distracts teenagers from doing homework and 54 percent admitted that they sometimes ignored people they were with, to browse social media apps. For these reasons, it is important to make students (and teachers) aware of ways to reduce the distraction potential of social networks.



Tips and tricks

- ➔ Change notification settings, as to avoid useless distraction. You can find tutorials on Youtube like this one [“How to Change iPhone Notification Settings”](#) by Andy Isom.
- ➔ Try timeboxing or decide when to take a break and use social media.
- ➔ Keep track of your screen time as to be aware of the time spent on social media.



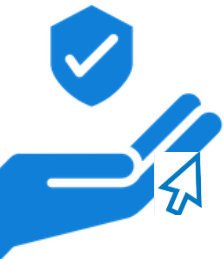
Useful resources and tools



Vishal on EarlyLearner, [10 Ways to Not Get Distracted by Social Media While Studying \(2023\) - EarlyEarner](#), John Hall on LifeHack, [12 Easy Ways to Beat Social Media Distraction Effectively - LifeHack](#), and Leon Ho on LifeHack, [How to Unplug from Social Media For a Mental Energy Boost - LifeHack](#), provide tips on how to avoid to get distract from social media.



Baptist Health, [How Social Media Affects Attention Span - Baptist Health](#), explains how social media affects the attention.



SAFETY RESOURCES



Noiseme on Medium, [Scrolling to Sadness: The Impact of Social Media on Mental Health and Well-being | by Noiseme | Medium](#), explains the impact on social media on mental health.