

Managing Screen Time

Dave E. Marcial

www.davemarcial.net



Screen Time

- the amount of time someone or something appears on screen in a movie or television show
- time spent watching television, playing a video game, or using an electronic device with a screen (such as a smartphone or tablet)



<https://www.merriam-webster.com/dictionary/screen%20time>



“

The [Coronavirus disease 2019](#) increased significantly the screen time of children and adults because people pass more time indoors.

This creates negative health consequences.

*Specialists called for **limiting the screen time** and for a **more active lifestyle**.*

Shin, Hyunjae Daniel; Al-Habaibeh, Amin (3 June 2020). ["Coronavirus: how to reduce your children's screen time – and make them more active"](#). The Conversation. Retrieved 6 July 2020.

Andrews, Travis M. (24 March 2020). ["Our iPhone weekly screen time reports are through the roof, and people are 'horrified'"](#). Washington Post. Retrieved 6 July 2020.



New Warnings on Screen Time, as Students Nationwide Move to E-Learning

By Sarah D. Sparks on March 23, 2020, 11:39 AM

 Tweet  Share 844



http://blogs.edweek.org/edweek/inside-school-research/2020/03/new_warnings_on_screen_time_language_delays.html



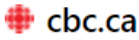
msn | news ▼ web search

powered by Microsoft News

Top stories Canada World Local Coronavirus Politics U.S. Politics Technology Video Weather


3:31 / 4:03 ▶ 🔊 HQ CC 🗄

Up Next: La Ministre De La Sécurité Publique Du Québec S'adresse Aux Journalistes – 18 Septembre 2020 >

 cbc.ca

Online learning raises concerns around screen time and students' well-being

Duration: 04:03 5 days ago



A new school year during a pandemic means many students will be learning online instead of heading to the classroom. That's raising new concerns around screen time and well-being, as well as access and digital equity. Marivel Taruc spoke with tech columnist Ramona Pringle about those concerns.

<https://www.msn.com/en-ca/news/canada/online-learning-raises-concerns-around-screen-time-and-students-well-being/vi-BB18Zgvm?isBot=true&botType=crawler>





NEWS ▾

COMMUNITY ▾

ENTERTAINMENT ▾

REAL ESTATE ▾

EV

Education

Too Much Screen Time With Distance Learning?

By **Bella Villarin** 09/11/2020



With distance learning well underway and an unusually excessive amount of time spent at home for many, some students have found themselves on technology for hours on end. Although CUSD bell schedules have provided learners with screen breaks from Zoom meetings, a substantial number of teens choose to spend their free time outside of school checking social media, texting with friends, or catching up on the latest TV shows and movies. This raises a poignant question: is there too much screen time with distance learning?

<https://coronadotimes.com/news/2020/09/11/too-much-screen-time-with-distance-learning/>



ScienceNews*for*Students

HEALTH & MEDICINE

Healthy screen time is one challenge of distance learning

But it's not the only one experts wrestle with as more students are asked to learn online

<https://www.sciencenewsforstudents.org/article/healthy-screen-time-is-one-challenge-of-distance-learning>





News & Research

Screen Time and the Brain

News Topics

Research

Awards and Achievements

Digital devices can interfere with everything from sleep to creativity

By DEBRA BRADLEY RUDER | June 19, 2019 | [Research](#)

<https://hms.harvard.edu/news/screen-time-brain>



Zoom Fatigue *is real!*

Harvard
Business
Review

Communication | How to Combat Zoom Fatigue

COMMUNICATION

How to Combat Zoom Fatigue

by Liz Fosslien and Mollie West Duffy

April 29, 2020

<https://hbr.org/2020/04/how-to-combat-zoom-fatigue>

EDITORS' PICK | 25,201 views | Apr 30, 2020, 11:12pm EDT

Here's Why You're Feeling Zoom Fatigue



Yola Robert Senior Contributor ©

<https://www.forbes.com/sites/yolarobert1/2020/04/30/heres-why-youre-feeling-zoom-fatigue/#7516a0802ac6>

SCIENCE | CORONAVIRUS COVERAGE

'Zoom fatigue' is taxing the brain. Here's why that happens.

Video calls seemed an elegant solution to remote work, but they wear on the psyche in complicated ways.

<https://www.nationalgeographic.com/science/2020/04/coronavirus-zoom-fatigue-is-taxing-the-brain-here-is-why-that-happens/>

Home > News

Unreliable internet, excessive requirements: College students face remote learning woes

Jaehwa Bernardo, ABS-CBN News

Posted at Sep 12 2020 01:37 PM

<https://news.abs-cbn.com/news/09/12/20/unreliable-internet-excessive-requirements-college-students-face-remote-learning-woes?fbclid=IwAR0Gbm43A4iqZZ-vBSvXPJw1F9z-52zadOI3oNKRuUaDBj578098mbF5Z1NA>






“Screen time for classwork isn’t bad, experts say.

Sometimes it can provide flexibility in your schedule. But, they add, your time online should never get in the way of exercise and sleep time.”

[Kathryn Hulick](https://www.sciencenewsforstudents.org/article/healthy-screen-time-is-one-challenge-of-distance-learning) (September 11, 2020).<https://www.sciencenewsforstudents.org/article/healthy-screen-time-is-one-challenge-of-distance-learning>



Guidance on maximum daily learning time from select states

<p>Illinois</p> 	<p>Kindergarten: 90 minutes 1-2: 90 minutes 3-5: 120 minutes 6-8: 180 minutes 9-12: 270 minutes</p>
<p>Indiana</p> 	<p>K-1: 45 minutes (minimum) 2-3: 60 minutes (minimum) 4-5: 90 minutes (minimum) 6-12: 180 minutes (max)</p>
<p>Kansas</p> 	<p>K-1: 45 minutes 2-3: 60 minutes 4-5: 90 minutes 6-12: 180 minutes</p>
<p>New Hampshire</p> 	<p>K-5: < 120 mins online, plus reading 6-12: 180 minutes</p>
<p>New Mexico</p> 	<p>Pre-K: 30 minutes K-1: 45 minutes 2-3: 60 minutes 4-5: 90 minutes 6-12: 180 minutes</p>
<p>Oklahoma</p> 	<p>K: 45 minutes 1-2: 70 minutes 3-5: 80 minutes 6-12: 180 minutes</p>
<p>Oregon</p> 	<p>K-1: 45 minutes 2-3: 60 minutes 4-5: 90 minutes 6-12: 180 minutes <i>(all limits include time for supplemental activities)</i></p>
<p>West Virginia</p> 	<p>K: 90 minutes 1-2: 90 minutes 3-5: 120 minutes 6-8: 150 minutes 9-12: 180 minutes</p>

<https://www.edsurge.com/news/2020-05-04-how-long-should-a-remote-school-day-be-there-s-no-consensus>





Republic of the Philippines

Department of Education

UNDERSECRETARY FOR CURRICULUM AND INSTRUCTION

MEMORANDUM
DM-CI-2020-00162

5. Schools may adopt a combination of synchronous and asynchronous online teaching in consideration of the Screen Time Guidelines by Age as recommended by the American Academy of Pediatrics (AAP) and World Health Organization (WHO) which is as follows:
- i. Kindergarten – maximum of one hour daily
 - ii. Grade 1 to 5 – maximum of 1.5 hours daily
 - iii. Grade 6 to 8 – maximum of 2 hours daily

For Grades 9 to 12, a maximum of 4 hours daily (2 hours in the morning and another 2 hours in the afternoon) is recommended.



Some Classroom tips to manage screen time



1. Estimate
screen time
especially
asynchronous
activities

1.
sc
e
asy
a

LEARNING PLAN:

There are nine (9) units of discussion for this course. Each unit is allotted with 10 hours (4 meetings) of asynchronous and synchronous activities.

Unit II


Week 1: Asynchronous

- Pre-recorded Video Introduction (2:06 min)
- Required Readings (Pre-recorded Lecture + PDF):
 - 1. How data will transform business (13:57 min)
 - 2. Meaning & Functions of Business Intelligence (10:27 min)
 - 3. Common Functions of BI Technologies (29:36 min)
 - 4. Reporting and Data Visualization (22:37 min)
 - 5. Further Readings: Research Article (60 min)
- Quiz 2A: 3 Essay questions (15 min)
- Open Forum: For Questions, Clarifications and Sharing (to post 3 questions) (15 minutes)
- Computer Exercise 2: *to be submitted at the end of Week 2* (2.45 hours)

Week 2: Synchronous

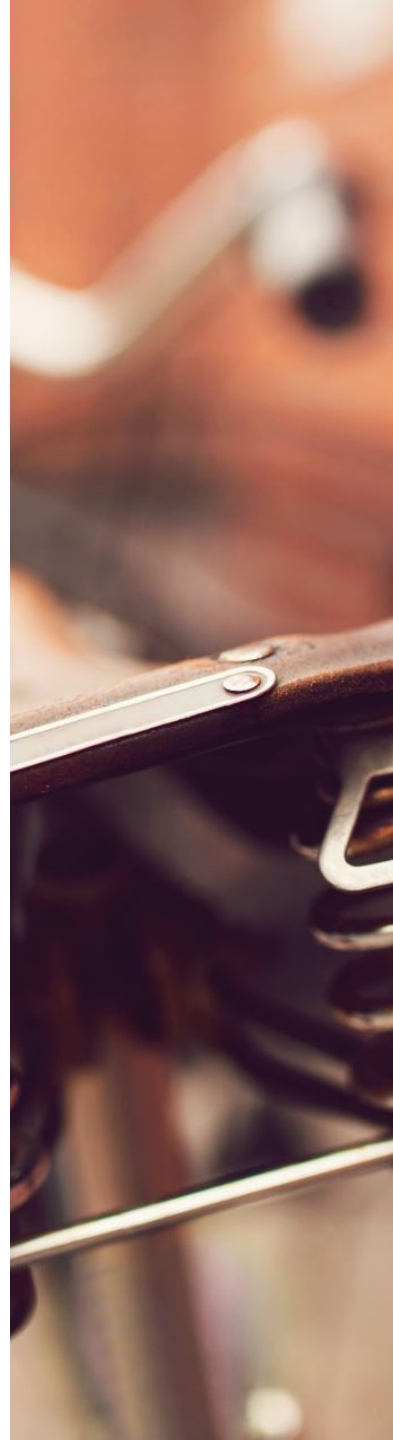
- Video Session (Q & A, Deepening, Review of Exercise 1, Instructions for Exercise 2, Reminders) (60 min)
- Video Session (Q & A), (30 min)
- Quiz 2-B: 50 items Objective Type (40 min)

(7.45 hours estimated hours for asynchronous & synchronous activities,
2.55 browsing time, message Alerts, alerting activities)



2. Simulate
all activities
(switch to
student
view)

Total Activity Time = Total Class Hours



3. Group tasks should be synchronous activities

In face-to-face,

- meet-up spaces and venues like the corridor, hallways, rooms, dorms, cafes, etc) are readily available
- meet time is based on their availability
- overnight with classmates is fun; taking turns to perform the tasks is easy

In ODL, we should provide a platform and time to collaborate

- Use collaboration tools like Google Docs, Forum, breakouts, chat
- Group them ahead before giving the tasks
- Students have a varying schedule, the communication network is always a challenge

4. Divide the performance tasks into manageable chunks, equivalent to the class time

In face-to-face,

- On October 1, submit your research proposal about screen-time.

In ODL,

- During asynchronous week (September 21-25), perform and submit the following:
 - September 21, Chapter 1
 - September 28, Chapter 2
 - October 1, Chapter 3

5. Pre-recorded lecture videos with text-based equivalent formats instead of live-lecture videos

If pre-recorded, students can pause, stop anytime, and watch according to their most convenient time

2. Meaning & Functions of Business Intelligence

Unit II. Business Intelligence

BUILDING COMPETENCE, CHARACTER & FAITH

Watch later Share

Learning Outcomes

- Describe the basics of business intelligence including data gathering, data storing, data analyzing and providing access to data
- Describe the Common Functions of Business Intelligence Technologies
- Explain the different forms of report

SILLIMAN UNIVERSITY

0:11

[Download PDF here.](#)



6. Give AFK (away from keyboard) activities

Example:

Look at the sky, inhale and exhale for 10 minutes.

In one whole sheet of paper, write an essay about Corona Virus.

Once done, take a photo of your answers then save it in your Google Drive.

Copy and paste the file link in the submission page provided.



Example:



Part 1 at 1:00 – 1:40pm



1:40 – 2:00 Break



Part 2 at 2:00 – 2:40pm

8. Spare time for page loading and browsing

If your class is 1:00 – 2:00 pm,
do not start at exactly 1:00pm
for live sessions

start at 1:10 pm
end at 1:50pm

If it is asynchronous, suggested
time to complete the activity
must be less than 1 hour


During exam, consider loading time


9. Incorporate alerting activities in your virtual classroom

- ✓ movement breaks
- ✓ homework breaks
- ✓ screen time breaks
- ✓ increased motivational activities to participate
- ✓ wake up activities if the students appear sluggish, tired, or disinterested


Jumping Jacks | Run in Place | Stop and Go | March in Place | Drink Water Through a Straw | Head, Shoulder, Knees and Toes | Take a Walk


<https://www.yourtherapysource.com/blog1/2020/09/11/10-alerting-activities-for-the-classroom-or-home/?v=920f83e594a1>

QUIZ 

 Quiz 2-B
Coverage: Unit II. | Objective Type.

To get the release code of quiz 2, do the instructions below.

ASSIGNMENT 

 **Release code for Quiz 2 is here**

Before taking the quiz, do this:

- 1. perform 5 jumping jacks*
- 2. count your pulse rate*
- 3. submit the total counts of your pulse rate here.*

Your release code to take quiz 2 will be shown after submission!

Not Submitted **Due September 19, 2020**

- 30 seconds per true-false item
- 60 seconds per multiple choice item
- 120 seconds per short answer item
- 10-15 minutes per essay question
- 5 to 10 minutes to review the work

10. Enough reading time, thinking time, and typing/clicking type during exams.



How Screen Time is Affecting Our Health



- Damage to the retina
 - Macular degeneration
 - Cataracts
- Long-term vision problems
- Mimics daylight
 - reduces release of melatonin
 - disrupts sleep patterns

There's no escaping screens in the world today, and new studies are constantly surfacing about the impact on our eyes and overall health. More time and research is needed to fully understand the many effects of digital media, but there are certain negative consequences of screen time that are fairly conclusive. Mainly, we should all avoid looking at screens an hour before bed, because it is likely to disrupt sleep patterns.

**The biggest problem with looking at screens:
THEY EMIT BLUE LIGHT**

Blue Light



- High Energy Visible (HEV) light
- Short wavelength
 - emit **Higher Amounts of Energy** than warm light colors

<http://filipinodoctors.org/how-screen-time-is-affecting-our-health/>



Helpful Tips to Reduce Digital Eye Strain:



20-20-20 Rule:

20-second break
Every 20 minutes
Look at something
20 feet away



Reduce overhead lighting
→ reduce glare on your
screen.



Reduce brightness
on your phone,
tablet & computer.



Install app that gradually
filters out blue light in
the evening, making
screen more orange.



Sit arm's distance
from your computer
screen.



Increase text size
on screen.



Definitely, avoid
screens 1 hr before
bed, no matter your
age.



Wear gaming, computer
glasses and special
filters to reduce eye
strain.

Every 20 minutes look away at least 20 feet for at least 20 seconds to vary your viewing distance and give your eyes a break from looking at your screen.

<https://www.wric.com/health/is-increased-screen-time-from-virtual-learning-impacting-kids-eyes/>

Incorporate 20-20-20 ruling in your classroom activities

▼ Be Sure to Blink

Be sure to blink frequently as you use your device and during your 20-20-20 breaks. You may need to use artificial tears to relieve dry eyes.

Studies show that when we are using computers and other devices, we may blink less than half as much as we normally do. It is typical to blink about 15 times per minute, but using digital screens often causes that to decrease to about 5-7 times per minute. Additionally, people often blink less completely when they are using digital devices or computers. If the upper and lower lids don't make contact when blinking, the tears aren't spread over the entire surface of the eye and the eyes may still dry out. Blinking is how our eyes naturally lubricate themselves, so by causing us to blink less frequently or less completely, using digital devices can cause our eyes to dry out. This can cause discomfort and even blurred vision.

*In summary, re-calibrate your syllabus
with emphasis on strategies, activities, and time allocation.*

*Some strategies and activities in face-to-face
are impossible to be done in ODL.*



Thank you very much.

