

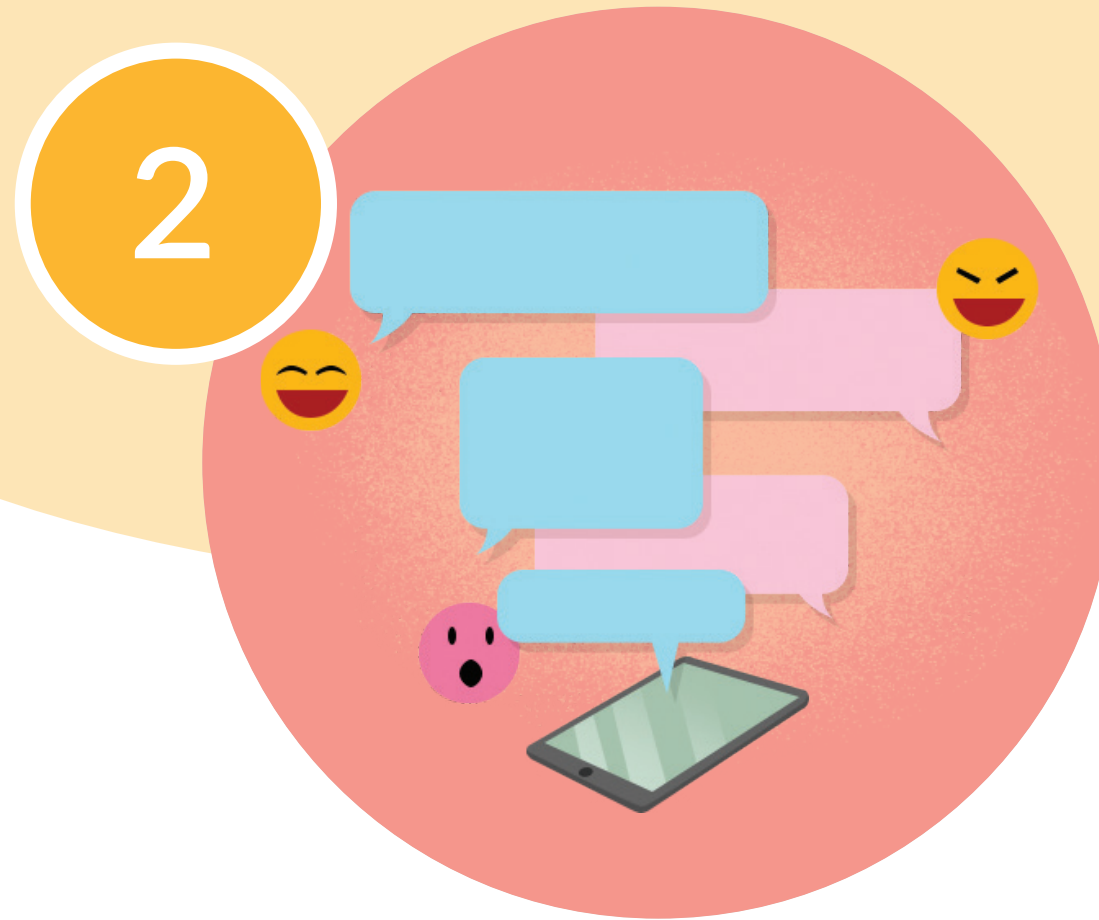
9 Tips for Smart Smartphone Use

Adapted from Dr. Larry Rosen's *Strategies to Enhance Your Smartphone Use*

Improving Communication



Turn notifications off except for a small group (parents or guardians and close friends)



Check your email, texts, and social media on a schedule, and set a timer when doing so



Tell your phone to "forget" passwords for social media apps

Enhancing Concentration



Set your phone to Do Not Disturb while you study



Put your smartphone away and schedule 1-2 min. "tech breaks" every 30 min.



Remove all unneeded devices and close apps and windows not work-related

Staying Healthy



Take all devices out of your room one hour before you go to sleep



Change the settings on your phone to Night Shift/Night Light from evening until first thing in the morning



Take 10 mi. breaks every 90 min. (breaks should be device-free, such as napping, exercising, etc.)