

9 Tips for Smart Smartphone Use

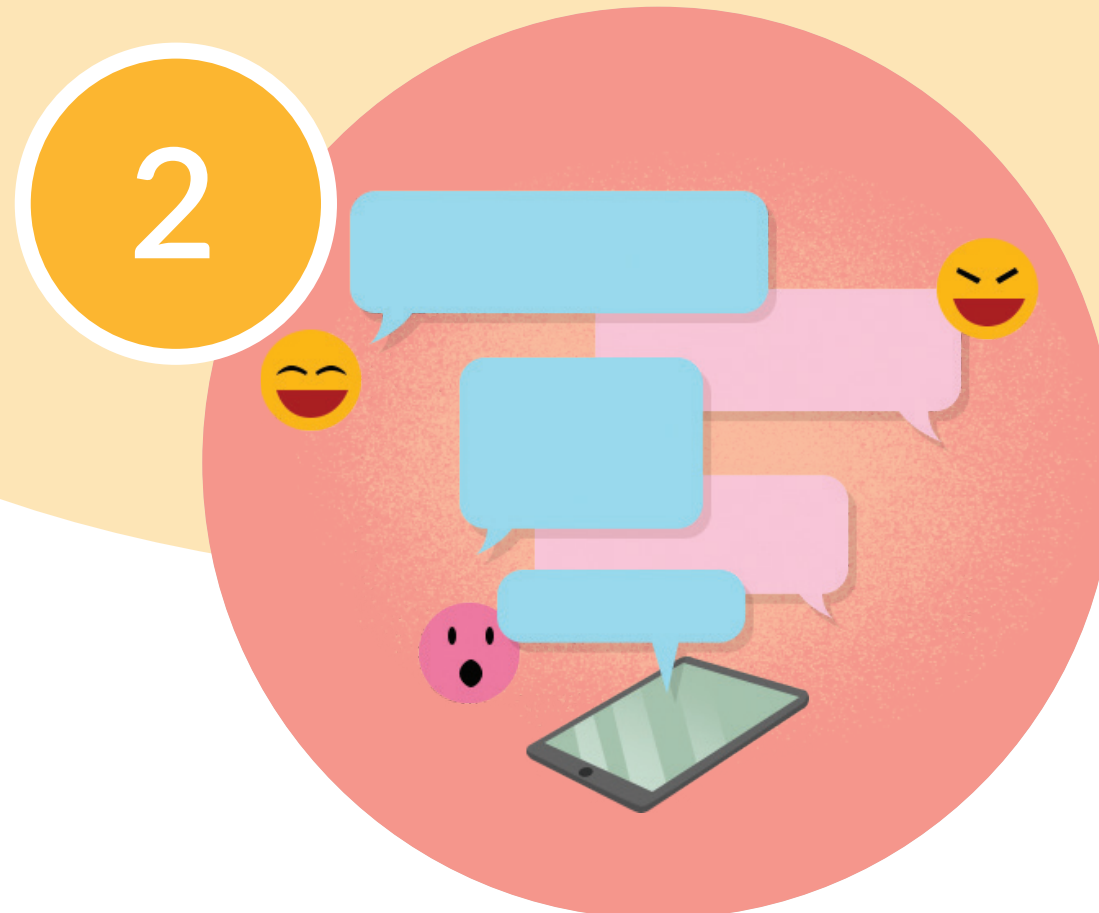
Adapted from Dr. Larry Rosen's *Strategies to Enhance Your Smartphone Use*

Improving Communication



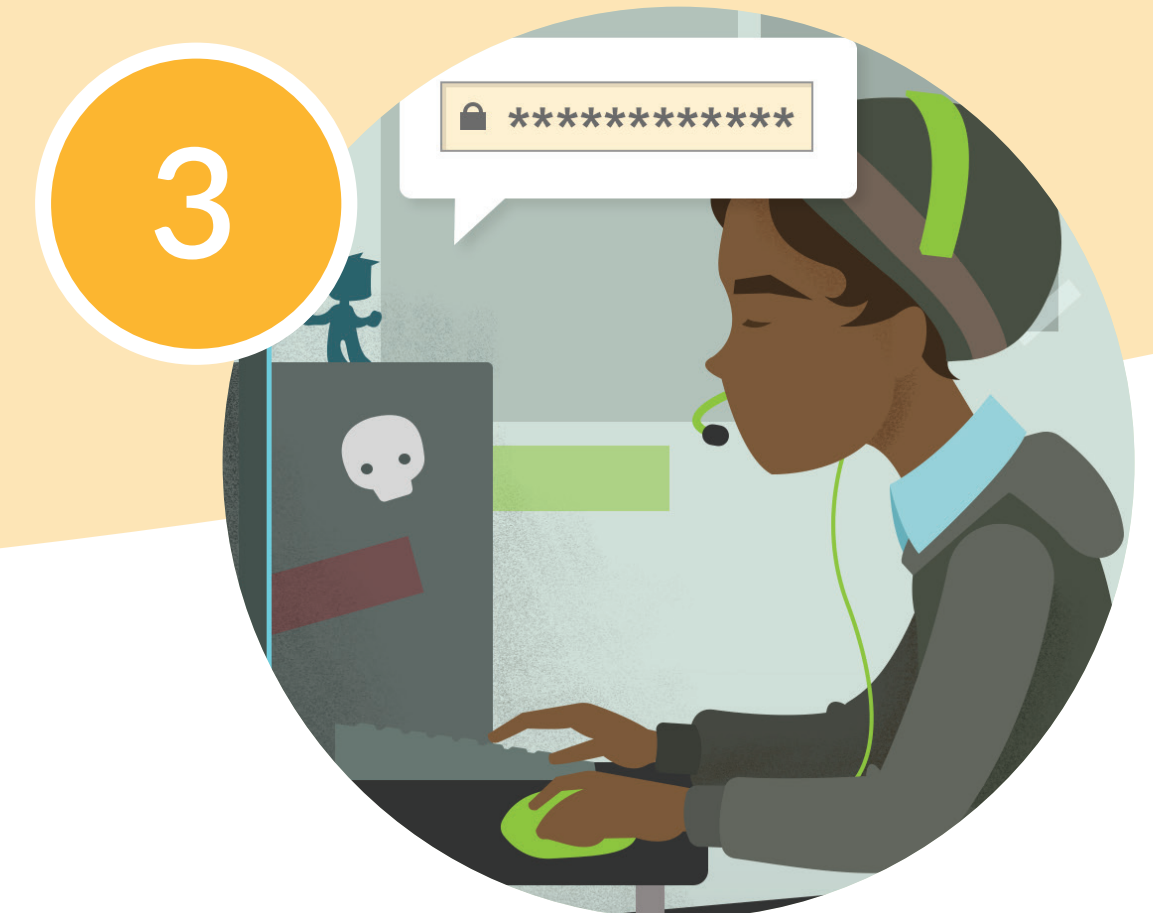
1

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



2

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



3

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

Enhancing Concentration



4

Set your phone to Do Not Disturb while you study



5

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



6

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

Staying Healthy



7

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



8

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



9

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