

A Word About Cell Phone Use and Social Media During Study Time

Many MS and HS students have a habit of studying with their smartphones, often active on social media or in communication with friends while doing homework. While many young people insist that their phones do not affect their academics, research has repeatedly shown that cell phone use is a major distraction and negatively affects grades (click [here](#), [here](#), and [here](#) for examples).

Not only do phones interrupt students' focus, causing schoolwork to take much longer, but the distraction caused by cell phones (with their incessant pinging notifications) has been shown to lower academic performance. For this reason, it is strongly recommended that students develop a habit of doing schoolwork **WITHOUT THEIR PHONES**. This can be hard, but when doing schoolwork, their phone should be off, on airplane mode, or in another room on silent. If they lack the willpower, they may need a parent to hold their phone for them during study time.

Students should also be wary of trying to work with social media sites open in tabs on their laptops or apps on tablets. This has the same effect as working while using their smartphone.

Social media can be a very positive tool that helps us connect with friends and loved ones and reduce feelings of loneliness and isolation, especially in times like this, but social media is most helpful when used outside of study time.

Here is [one more article](#) with tips about how to stop being distracted by our phones (good advice for us parents as well as our students!)