**Week 6**

**Digital Detox & Current Events**



**Success Criteria: By the end of the week students will be able to list several key features of a Digital Detox, how it can be achieved and several benefits. They will also become familiar with a relatively recent current event involving a conspiracy theory.**

**Week 6 Lesson 1: Digital Detox.**

In this lesson we will look at the idea of ‘Digital Detox.’ Go online and look up the definition of this term and write it below:

**Digital Detox:**

The average American currently spends nearly 7 hours a day staring at screens.

Communication professor Josh Misner was one of those people until a shopping incident brought awareness about the harm screen addiction brings to relationships. In this talk, he shares the most important lessons learned from a decade of Screen Free Saturdays.

# Watch the video clip about the story of Josh Misner.

# “What I Learned from 10 Years of Digital Detox.” <https://www.youtube.com/watch?v=o0xI45Vch0A&t=3s> (15:52 sec.)

# Answer the following questions:

# 1. What was ‘The Cosco Incident?’ (2:30 sec.)

# 2. How did Josh try to defend his answering of his phone at Cosco?

# 3. What was the request Josh’s wife made of him that he agreed to do once each week after ‘The Cosco Incident?’ (5:20 sec.)

# 4. When did he recognise he had a problem? (7:00 sec.)

# 5. List the different benefits that Josh experienced from his Digital Detox.

# a.

# b.

# c.

# d.

# e.

# 6. Josh was worried that he would no longer have enough time to finish his work. What happened?

**Week 6 Lesson 2:**

**Current Events**

**Conspiracy Theories**



**In Lesson 1 we are going to look at conspiracy theories.**

**Task 1: Write into your Red Books the following definition of a conspiracy theory:**

A conspiracy theory is an attempt to explain harmful or tragic events as the result of the actions of a small powerful group. Such explanations reject the accepted story. Conspiracy theories are more common during times of stress like war or disease outbreaks like the recent spread of Covid-19.

**Bird’s Aren’t Real!**

Task 2: Watch the video on the ‘Birds Aren’t Real’ movement.

<https://www.youtube.com/watch?v=3VEkzweBJPM&t=120s> (13:50 sec.).

The man in the TedTalk video is Peter McIndoe. After watching the clip, imagine you are a reporter. Write an article summarizing Peter’s position about birds and whether or not they are real. Include –

1. a catchy title

2. at least 2 pictures with captions (writing under the image that explains what the image is about).

3. a two-paragraph summary of Peter’s story and the ‘Bird’s Aren’t Real’ story.

a. summarise his story – what did he do?

b. why did he do it?

c. Offer your opinion – do you agree with what he did? Justify your response – why or why not?

# Week 6 Lesson 3

# 7 Daily Habits of High Performance Students

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# Task 1: Today students will break up into small groups after watching a video on 7 habits of effective learners. We will start by watching he clip at:

# <https://www.youtube.com/watch?v=vO1bpod0vKM>

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# After viewing the video, in your group you will write down each of the seven habits.

**Task 2:** In your group read and discuss the article from the link below on “What Makes A Good Student? 10 Characteristics of Successful Learners” at:

<https://stemeducationguide.com/make-good-students/>

List each characteristic and write a one-sentence summary for each one. Do so as a group.