

Cell Phone Research Document

Topic	Study / Article	Findings / Main Ideas
Negative impact of cell phones when used in class	<u><i>The Impact of Mobile Phone Usage on Student Learning</i></u> - Jeffrey H. Kuznekoff and Scott Titsworth	<ul style="list-style-type: none"> College students that did not use cell phones during class lectures wrote down 62% more notes, recalled more information from the lecture, and earned a letter grade and a half higher on a multiple choice exam than students who used their phones.
	<u><i>Digital Distractions in the Classroom Phase II: Student Classroom use of Digital Devices for Non-Class Related Purposes</i></u> - Bernard R. McCoy	<ul style="list-style-type: none"> A study from 2016 found that 97% of college students said they sometimes use their phones during class for non academic purposes. The study also found that 60% of students said they spend more than 10% of class time using their phones (mostly texting).
	<u><i>It Sure Looks Like Phones Are Making Students Dumber</i></u> - Derek Thompson	<ul style="list-style-type: none"> The Program for International Student Assessment (PISA) found that “students who spend less than one hour of ‘leisure’ time on digital devices a day at school scored about 50 points higher in math than students whose eyes are glued to their screens more than five hours a day.” Cell phones created digital distractions for all students, including those that are not on their phones regularly.
Students’ false beliefs that cell phone use does not impact their learning	<u><i>Facebook and Texting Made Me Do It: Media-Induced Task-Switching While Studying</i></u> - Larry D. Rosen, L. Mark Carrier and Nancy A. Cheveer	<ul style="list-style-type: none"> This study observed 263 middle school, high school, and university students studying for 15 minutes in their homes. <ul style="list-style-type: none"> Participants averaged less than six minutes on task prior to being distracted by social media, texting and preference for task-switching.
	<u><i>An Introduction to Multitasking and Texting: Prevalence and Impact on Grades and GPA in Marketing Classes</i></u> - Dennis E. Clayson and Debra A. Haley	<ul style="list-style-type: none"> In a study that observed marketing students from two different universities, it was discovered that students who texted during class received lower grades than those who did not text.
Negative social and emotional implications of cell phone use	<u><i>Decreases in Psychological Well-Being Among American Adolescents After 2012 and Links to Screen Time During the Rise of Smartphone Technology</i></u> - Jean M. Twenge, Gabrielle N. Martin, W. Keith Campbell	<ul style="list-style-type: none"> Yearly surveys administered from 1991-2016 to American adolescents in 8th, 10th, and 12th grade found that psychological well-being (measured by self-esteem, life satisfaction, and happiness) suddenly decreased after 2012. A correlation was made between adolescents who spend more time on electronic communications (social media, texting, internet) and lower psychological well-being.

		<ul style="list-style-type: none"> ● Psychological well-being was lower in years when adolescents spent more time on screens and higher when they participated in more non screen activities.
	<p><u>Associations Between Time Spent Using Social Media and Internalizing and Externalizing Problems Among US Youth</u> - Kira E. Reihm, Kenneth A. Feder, and Kayla N. Tormohlen</p>	<ul style="list-style-type: none"> ● A cohort study of 6,595 US adolescents found a correlation between increased time spent on social media per day and a heightened risk for mental health problems, particularly internalized problems.
	<p><u>No More FOMO: Limiting Social Media Decreases Loneliness and Depression</u> - Melissa G. Hunt, Rachel Marx, Courtney Lipson and Jordyn Young</p>	<ul style="list-style-type: none"> ● A group of 143 undergraduates at the University of Pennsylvania were either limited to 10 minutes of social media use or allowed to use social media as usual for three weeks. <ul style="list-style-type: none"> ○ The limited use group showed significant reductions in loneliness and depression.
<p>Shifting to a phone-free classroom environment</p>	<p><u>A Mindshift Over Cellphones in Schools</u> - Peter L. Stiepleman</p>	<ul style="list-style-type: none"> ● There was a post-COVID spike in improper phone use by students in order to engage in bullying and capture fights on video. ● Cell phone issues in the classroom have contributed to teacher burnout, causing an educator shortage. ● Schools that have gone phone-free report increases in positive social interaction among students.
	<p><u>Brain Drain: The Mere Presence of One's Own Smartphone Reduces Available Cognitive Capacity</u> - Adrian F. Ward, Kristin Duke, Ayelet Gneezy and Maarten W. Bos</p>	<ul style="list-style-type: none"> ● Participants of the study were randomly assigned to one of three groups: (1) allowed to put their phone on their desk, (2) had to keep their phone in their pocket or bag, and (3) had to leave their phone in another room. <ul style="list-style-type: none"> ○ The closer the phone was to the students' awareness, the worse they performed on tests.
	<p><u>The Evolution of a Cell Phone Policy</u> - Kristy Zaleta</p>	<ul style="list-style-type: none"> ● There has been an exponential increase in discipline referrals and behaviors that disrupt the educational environment, which include physical altercations, fights, bullying, harassment, disrespect, and defiance. ● The middle school transitioned from teacher discretion to phone-free policy which resulted in: <ul style="list-style-type: none"> ○ Improvement in behavior from previous year ○ Reduction in incidents of distraction, harassment, and disrespect ○ Enhanced academic engagement ○ Improved school climate
	<p><u>Why Schools are Racing to Ban Student Phones</u> - Natasha</p>	<ul style="list-style-type: none"> ● Studies show that students learning is impaired by the distractions of their mobile

	Singer	<p>phones, texting, and even the fear of not having access to their mobile phones</p> <ul style="list-style-type: none">• States such as Florida, Louisiana, Indiana, and South Carolina have passed laws that ban the use of cellphones in class or during the entire school day• Students have used their phones to bully, sexually exploit, and share videos of physical attacks in schools with their peers
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