**FOCUS:** **Are you a smartphone junkie? Rate each item on a scale of 1 (“completely disagree”) to 7 (“strongly agree”) and tally up your total score to find out. Be honest!**

**1. I would feel uncomfortable without constant access to information through my smartphone.**

**2. I would be annoyed if I could not look information up on my smartphone when I wanted to do so.**

**3. Being unable to get the news (e.g., happenings, weather, etc.) on my smartphone would make me nervous.**

**4. I would be annoyed if I could not use my smartphone and/or its capabilities when I wanted to do so.**

**5. Running out of battery in my smartphone would scare me.**

**6. If I were to run out of credits or hit my monthly data limit, I would panic.**

**7. If I did not have a data signal or could not connect to Wi-Fi, then I would constantly check to see if I had a signal or could find a Wi-Fi network.**

**8. If I could not use my smartphone, I would be afraid of getting stranded somewhere.**

**9. If I could not check my smartphone for a while, I would feel a desire to check it.**

**If I did not have my smartphone with me ...**

**10. I would feel anxious because I could not instantly communicate with my family and/or friends.**

**11. I would be worried because my family and/or friends could not reach me.**

**12. I would feel nervous because I would not be able to receive text messages and calls.**

**13. I would be anxious because I could not keep in touch with my family and/or friends.**

**14. I would be nervous because I could not know if someone had tried to get a hold of me.**

**15. I would feel anxious because my constant connection to my family and friends would be broken.**

**16. I would be nervous because I would be disconnected from my online identity.**

**17. I would be uncomfortable because I could not stay up-to-date with social media and online networks.**

**18. I would feel awkward because I could not check my notifications for updates from my connections and online networks.**

**19. I would feel anxious because I could not check my email messages.**

**20. I would feel weird because I would not know what to do.**

**MY SCORE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Now, 60 Minutes Rewind: Brian Hacking – As you watch the report record your responses to the questions below. Additionally, write three statements/details from the report that surprised you, intrigued you, you agree with, you disagree with…**

1. **What is Brain Hacking and why are tech companies using it?**

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1. **What tricks are tech companies using to keep our brains hooked on their products/apps? Why are they doing this?**

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1. **How do phones/social media contribute to anxiety?**

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1. **What are ways people can re-train their brains to not be so reliant on phones/social media?**

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**Additional statements/details:**

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**EXIT: Based on the article, your survey results, and the 60 Minute Rewind clip, would it be better for you, as an individual to get rid of your smart phone? Why or why not? Would it be better for society to get rid of smart phones? Why or why not?**