

EMMAUS SUMMER SPECIALS

LAUNCHING JUNE 6 · WEDNESDAY NIGHTS · 6:30 TO 8:00 P.M.

12 Ways Your Phone Is Changing You: Do You Control Your Phone - Or Does Your Phone Control You?

Led by: Tom Watson & Jeff Wit

Description

Within a few years of its unveiling, the smartphone had become part of us, fully integrated into the daily patterns of our lives. Never offline, always within reach, we now wield in our hands a magic wand of technological power we have only begun to grasp. But it raises new enigmas, too. Never more connected, we seem to be growing more distant. Never more efficient, we have never been more distracted. This study will help us think through key ways our smartphones have changed us - for good and bad. We will seek to cultivate wise thinking and healthy habits in the digital age. Foundation from this study is built upon Tony Reinke's book, *12 Ways Your Phone is Changing You*.

Week 1

- Introduction
- We ignore our flesh and blood (ch.2)
- We become harsh to one another (ch.11)

Week 2

- Addicted to distraction (ch.1)
- We lose our literacy (ch.4)

Week 3

- We crave immediate approval (ch.3)
- We feed on the produced (ch.5)

Week 4

- We become like what we “like” (ch.6):
- We get lonely (ch.7)
- We fear missing out (ch.10)

Week 5

- We get comfortable in secret vices (ch.8)
- We lose meaning (ch.9)

Week 6

- We lose our place in time (ch.12)
- Conclusion