Some WPI freshmen lack motivation and get distracted from academics by digital media such as social media, video games, and television. We would create a program for an Insight Meeting to discourage distraction. Connie Aramento and our CAs advised us to relate anecdotes. Time management is an important skill for college students. Our research shows the extent, effect, and cause of the problem in WPI freshmen.

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Student Motivation and Distraction by Technology

Alexander Z. Barberio (CS), Ryan R. Hartenstein (AE), and Jerome Peter A. Santos (CS)
Advised by Professors Paul E. Kirby and Robert W. Traver, and P.L.A. Lily J. Randle
GPS: Ignorance is NOT Bliss

Problem Statement

Some WPI freshmen lack motivation and get distracted from academics by digital media such as social media, video games, and television.

Solution

We would create a program for an Insight Meeting to discourage distraction. Connie Aramento and our CAs advised us to relate anecdotes.

Background

Time management is an important skill for college students. Our research shows the extent, effect, and cause of the problem in WPI freshmen.

Assessment Plan

First Survey
Given to students before the program has any effect

Insight Meeting
Teach them to resist distraction and to stay motivated

Second Surveys
One month later, survey students, CAs, and RAs in order to ascertain the program's effectiveness

Collect Results
Compare and analyze student results, and take into account CAs’ and RAs’ feedback

Research Survey

Hours that Respondents Spend per Week on Schoolwork and Digital Media

<table>
<thead>
<tr>
<th>Hours</th>
<th>Schoolwork</th>
<th>Digital Media</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>15.3</td>
<td>10.6</td>
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</tbody>
</table>

How Respondents Rated Digital Media's Interference with Their and Their Peers' Schoolwork

<table>
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<tr>
<th>Number of Respondents</th>
<th>(None) 1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5 (Very Much)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Respondent's Schoolwork</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Peers' Schoolwork</td>
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</tbody>
</table>

48 WPI freshmen responded to the research survey. Our results suggest that some WPI freshmen are distracted.

Conclusion

The Insight Meetings would teach students how to resist distraction. They would hear tips, facts, and anecdotes. Our assessments would be able to evaluate the meetings' effectiveness.

References/Acknowledgements

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