

No Tech Challenge

Say WHAT?

Alright, everyone, time to channel the old-schoolers. We're offering you the opportunity to try on a no or low-tech lifestyle for a bit to see how it feels. You choose your level of adventure!

This starts on Monday when you wake up, and runs through Thursday when you wake up.

Legend Status

You give it all up. This is your first step to becoming a hermit living in a snow cave. You may actually reach enlightenment by Wednesday. For Monday, Tuesday, and Wednesday, you don't use...

Phone	Computer	Music	TV	Games
No talking on it, texting, checking internet, anything. Turn it off, leave it on a shelf. Pretend like you're going to high school in the 90s like I did, where we had to make plans in advance (crazy, I know).	Don't even open it. No internet, word processing, email, or anything else that can be done on a screen.	No music in the car, on an Ipod, on a Walkman (in case you're getting ready for Snowdown early), or even a phonograph. Go without it.	No watching it. If it's in the same room you're in and someone else is watching, leave the room.	No technological gaming of any sort.

Hero Status

Okay, you don't want to go live in a snow cave and wear a loincloth, but you would like to gain a little Transcendentalist street cred with the ladies/gents. Here's a dialed down version for you.

Phone	Computer	Music	TV	Games
You can make actual spoken phone calls on it, but that's it. Pretend it's a fancy version of the rotary phone your grandma used to have.	No internet, but you can use it for word processing or other schoolwork that doesn't require the internet.	You can listen to an old fashioned radio, but no portable music devices or digital radio.	No watching it. If it's in the same room you're in and someone else is watching, leave the room.	No technological gaming of any sort.

Peasant Status

Your hands start to shake just a little when you think about your technology being parted from you. But really, you could quit any time you want...just one more tweet...

Phone	Computer	Music	TV	Games
You can make actual spoken phone calls on it, and send 10 texts a day.	You can check school email, and use it for school assignments if necessary, but no surfing the internet, checking social media, playing music, watching videos, etc.	You can listen to digital or old fashioned radio, but no portable music devices.	Watch no more than an hour a day.	No technological gaming of any sort.

The Baseline

No, seriously. You can pry my phone from my cold, dead hands. If giving up any of your technology gives you the heebie jeebies, you can be our baseline! Your job is to track your tech usage for 4 days. You should

Phone	Computer	TV	Games
-How many texts each day? -How many calls? -Track your social media use/time on your phone (there are apps for this!). Try Quality Time.	Keep a log of: -How much time you spend on email. -How much time you spend on the internet, and what you are doing (email, social media, shopping, homework).	Keep a log of how much TV you watch each day.	Keep a log of how much gaming you do each day.

Okay, so I've given up some technology. Now what?

You need to journal for 15 minutes every day about your experience. We'll do this in lieu of a starter at the beginning of every class period. So you should have 4 total journal entries. Try to reflect on...

1. What do you miss the most?
2. How do you find yourself filling your time?
3. Are you finding this rewarding? Frustrating? Both?
4. What differences do you notice in yourself over the course of these four days?

We'll do a big reflection/check in on Friday, so be ready to come talk about your experiences!