

# Smartphones and Learning

- Smartphones give unparalleled access to information.
- Growing evidence their distracting effects reduce learning.<sup>1</sup>
- In Ref 2, 520 undergrads were given cognitive tests after turning off notifications and (1) putting phones face down on their desk or (2) putting them in their backpacks or (3) putting the phones in another room.<sup>2</sup>
- Group 1 did worst on the tests, Group 2 did better, and Group 3 did best.

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① E.Emanuel, *Here's What Happened When I Made My College Students Put Away Their Phones*, NY Times, Aug 21, 2025.

② A.F.Ward *et al.*, Brain Drain: The Mere Presence of One's Own Smartphone Reduces Available Cognitive Capacity, *Journal of the Association for Consumer Research*, Vol 2, no 2 (2017), University of Chicago Press.

- 1 Phones will be stored in a magazine rack with numbered slots in the Physics equipment room.
- 2 You will each have a number. Put your phone in that slot when you arrive for class.
- 3 If you are expecting an urgent phone call, email the instructor before class. Put your smartphone on vibrate only and put it away in a backpack.
- 4 Laptops and tablets should be put in sleep mode and put away in your backpack. If you use a tablet to take notes, you can still use it, but put it in airplane mode.

# Smartphone Slots for Physics 131-01

Slot	Name	
1	Tomer	Akad
2	William	Allen
3	Nyel	Bangash
4	Posey	Beckwith
5	Sasha	Campbell
6	Elina	Dadeika
7	Julianna	Danial
8	Laela	Dayan
9	Elias	Grimsrud Humphrey
10	Noah	Higginbotham
11	Nicole	Kuhl
12	Adam	McBride
13	Grace	O'Dell
14	Edward	Payan
15	Annika	Swanson
16	Valentina	Torrico
17	Jules	Witherell