



UNIVERSITY *of*  
WEST FLORIDA

## *Too Tired to Video-Chat??*

Teaching Students to Battle Technology Fatigue

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- What is **technology fatigue**?
  - Why now? **What's different** since the pandemic?
  - What can **advisors do** to help?
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# **A typical day in 2020...**

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News

Order  
grocery  
delivery

8-10 HOURS  
A DAY ON  
PHONE  
Hey Siri...  
Hey  
google...

Apple  
Pay

Email –  
personal

Email –  
work

Household  
necessities  
delivered!

FB –  
you’ve  
been  
tagged!

Twitter

Virtual  
gaming

Instagram

Venmo

Play Store

Online  
banking

Software  
update

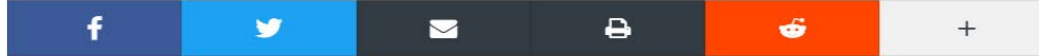
MOVIES AND TV

# A Boulder filmmaker's new Netflix documentary will make you want to delete social media forever

In "The Social Dilemma," director Jeff Orlowski gives tech companies their close-up. It isn't pretty.

By [Lisa Kennedy](#), Special to The Denver Post · Sep 10, 2020, 6:00 am

947 Shares



Tristan Harris, former Google design ethicist and co-founder of Center for Human Technology, appears before Congress in "The Social Dilemma." (Netflix)

Picture, if you will, a high-tech voodoo doll of you on a server

What to do, where to be and what to see, from **THE DENVER POST**

More from The Know



Upcoming in Arts

- WED 14** **Passing Through by Scottie Burgess**  
 Republic Plaza | Denver, CO
- WED 14** **Castle Tour**  
 Cherokee Ranch | Sedalia, CO
- WED 14** **Phase Change**  
 Curtis Center for ... | Greenwood Village, CO
- WED 14** **Sky Flower**  
 DAVA (Downtown Aur... | Aurora, CO
- WED 14** **Rocky Mountain Quilt Museum C...**  
 Rocky Mountain Qui... | Golden, CO
- WED 14** **LMP PDA Presents: Paul Verdell**  
 Lane Meyer Project... | Denver, CO
- WED** **Spookadelia 3: Back To The Source**

**News**

**Working  
remotely**

**8-10 HOURS  
A DAY ON  
PHONE**  
Hey Siri...  
Hey  
google...

**Apple  
Pay**

**Email –  
personal**

**Email –  
work**

**Household  
necessities  
delivered!**

**Teaching  
kids at  
home**

**Twitter**

**Zoom/  
Webex/  
Google  
Meet**

**Instagram**

**Online  
banking**

**callout**

**Play Store**



# What's different?

Predictive programming  
manipulation

+

Pandemic environment

=

Too much tech, fatigue, anxiety

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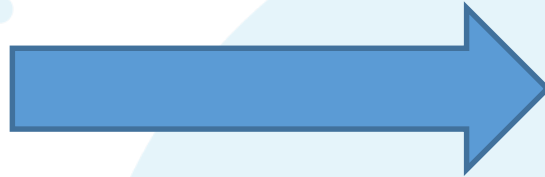
**The physical and psychological stress associated with the constant bombardment of technology.**

International Workplace Group.

<https://www.iwgplc.com/MediaCentre/Article/tech-fatigue-why-we-need-balance-boundaries-in-workplace>, accessed 10/1/2020.



General response to COVID-19  
situation



As universities and advisors, found  
inventive ways to **enhance and  
utilize technology to deliver  
more** courses, additional  
resources, and comprehensive  
information

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# Response...


Seems like the right approach, but  
really we should respond with

**LESS** technology...

Otherwise, we are compounding  
the problem

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# What can we do?



So...  
What can  
academic  
advisors do?

- Identify and recognize the issue – what is technology fatigue and why does it exist?
- Treat as any other addiction
- Do not do the expected behavior – don't click where they lead, don't watch what is recommended – do your own research
- Address it in our personal lives – find balance in our lives and encourage it in our students' lives. Build **true** breaks into our workday.
- Keep humanity in the technology
- We are not “advisor bots”
- Focus on comprehensive student health; mental, physical, emotional

