

5.IC.2 Impacts of Computing

The student will explain the potential impact of excessive screen time on academic performance. (a) Analyze data to determine the impact of screen time on academic performance. (b) Describe how academic behaviors that lead to academic success are impacted by daily screen time. (c) Differentiate usage of screen time that benefits and hinders academic performance.



Integration Opportunities

Science 5.1 b,c Design a data collection tool, collect and analyze data to determine the impact of screen time on academic performance.

Math 5.PS.1 Students will collect data on screen time and academic performance, use line plots to represent the data, and analyze the data to understand how screen time may impact academic success.

English 5.W.1 d Have student pairs research the impacts of screen time on academic success, then write and present opposing views using facts, details, and reasons to support their arguments.

Understanding the Standard

The development of computing technology has expanded exponentially over the past 100 years. The development and modification of computing technology is driven by people's needs and wants. However, it's important to recognize that not all tasks require the use of a computer and that we should take care to use computers in a healthy way. To be responsible computer users, students can practice screen time management by limiting excessive computer use, demonstrate online safety by protecting personal information, and model digital citizenship by being respectful toward others. Incorporating these healthy habits into our daily routines can facilitate a positive and safe experience with technology.

Term	Definition
Screen	An output device that is used to show text, images, and videos on computers.
Academic	Relating to educational or scholarly environments or activities.

Prerequisite Knowledge

Students should possess a familiarity with computing devices. They should also have basic knowledge of what is healthy, including eating nutritious foods, getting regular exercise, learning new things, and building interpersonal relationships.

Summary of a Lesson

As a class, define "academic performance" or "academic success" and brainstorm ways to improve academic performance. Then, define "screen time" and have students record the amount of time spent using screens and what activities were completed using screens during the course of a few days. Evaluate each activity using the brainstormed list, deciding if the activity supported academic success. Be sure to evaluate based on what was actually done during each activity, not what "could have been" or "should have been" done. In small groups, discuss how one could manage screen time to be able to support the academic practices listed in class. Some great additional resources for this come from Common Sense Media: [Finding My Media Balance](#) lesson.