

Imagine you and your roommates are sitting in the living room after class. How many of you are on your phones?

Roommates in living room

Maybe on Tik Tok, or answering Snapchats from people you've been snapping all day? Is that what you really want to be doing?

Roommates on phones

A UCLA study found that almost 60% of college freshmen spend 1-5 hours on social media per week.

UCLA Graph

These are self-reported statistics, and the Netflix documentary The Social Network suggests that most people drastically underreport their screen time.

On phone in bed

Time spent on social media isn't inherently a bad thing, but what if you don't have any control over the time you spend online? Videos and images are carefully curated to appear on your feed in a way that keeps your attention, and keeps you returning to the app.

Algorithm

Everyday Health suggests creating screen limits using features on your phone to mitigate endless scrolling. You could do this, or set a limit for yourself, like only watching Tik Tok for five minutes instead of with no end in mind.

Putting phone down

Time Magazine even suggests taking apps off of your phone. You could also do this temporarily, and only redownload social media apps when you actively make the decision to use the app,

App Store

which would curb the muscle memory of opening certain apps as soon as you open your phone.

Roommates chatting

If you are just aware of your time spent on screens, you will encounter so many more opportunities to create real social connections outside of social media.

<https://www.everydayhealth.com/emotional-health/how-to-do-a-digital-detox-without-unplugging-completely/>

<https://heri.ucla.edu/PDFs/pubs/briefs/brief-091107-SocialNetworking.pdf>

<https://time.com/5139859/smartphone-addiction-solutions/>