Communication via Electronics In today's age, if you do not participate in some sort of social platform, you are left out of the latest gossip, news, sports updates, etc. Everyone is concerned about updating their status or letting their followers know what they are up to. This sick obsession then robs people of real relationships that are not hidden behind a screen. They tend to miss out on face-to-face interaction. Some would even prefer their interaction to be through a screen. Recent studies show 60% of the exchanges through text messaging contain the contents of social interactions rather than a tool to exchange necessary information.

From day to day, I spend an average of four to five hours on my phone. That includes checking social media, watching TikTok's, and watching Netflix. Since I do not have access to a TV, I watch a lot of Netflix on my phone. I get about six to seven hours daily of face-to-face interaction. I have a roommate, so we are always talking and hanging out. I also go to practice, and I get a lot of face-to-face there as well. I tend to be an introvert and I like to do things by myself. For example, I like to go workout by myself, and I like to go hit by myself. I think that if I had to go without technology for the week, I might go a little crazy. This is horrible to admit, but I feel like my social media platforms keep me connected while I am three and a half hours from home. On the other hand, it also keeps me in a constant state of emptiness. I watch as my high school friends are in control of their lives and see their families daily. I have a set routine. I West 2 wake up, go to class/work on homework, workout/go to practice, eat supper, and go to sleep. Some days I feel like a robot because of that, and I catch myself feeling left behind because they are making a life for themselves.

A couple of years ago COVID-19 took away all social interaction. To cope with the unavoidable situation, everything was converted to some online form. It then was used as a form to cancel out fear of infection from the virus. It was a win for everyone. Now, I believe it is kept at a level of convenience. With this addiction to social media, I agree it does make us unsocial. I also agree that it robs us of experiences. I am going to school to be a 7th/8th grade Math and Science teacher. It does not make any sense to be enrolled in a Intro to Education course online. I had to create a lesson plan this year, and then present it online via Zoom. In the future I will not be presenting my lesson plans online to students. I will be in a classroom of 15-25 students, and I will have to stand up in front of them, and teach the lesson. I will not be able to hide behind a screen that shows from the top of my shoulders to the top of my head. Gallucci said that social media robs us of experiences. This statement makes me question the age of which children are using tablets. The ugly truth to the use of a tablet is to distract your child so you can be more productive. Does the young age of this usage affect their experiences and their synapse connections? I believe it does. Whenever these children grow up, they will not be able to handle situations because they lack the experience that someone would have had without a tablet.

I do believe there could be major improvements in areas of my life if I were no longer to have access to social media/technology. My mental health would be better off. I would not be so drained by what I am missing out on, and instead, focus on my current situations and what is happening in the moment. I also believe I would be more academically sharp. Let's be honest, all students cheat. Especially if they are frustrated with the content, they use the internet to console West 3 the frustration. It is not always just because they simply do not want to do it. I believe communication via technology debate has more cons than pros. Communication through technology takes away from the simplicity of day-to-day, face-to-face interactions of the human life