

# 9 Tips for Smart Smartphone Use

*Adapted from Dr. Larry Rosen's Strategies to enhance your smartphone use*

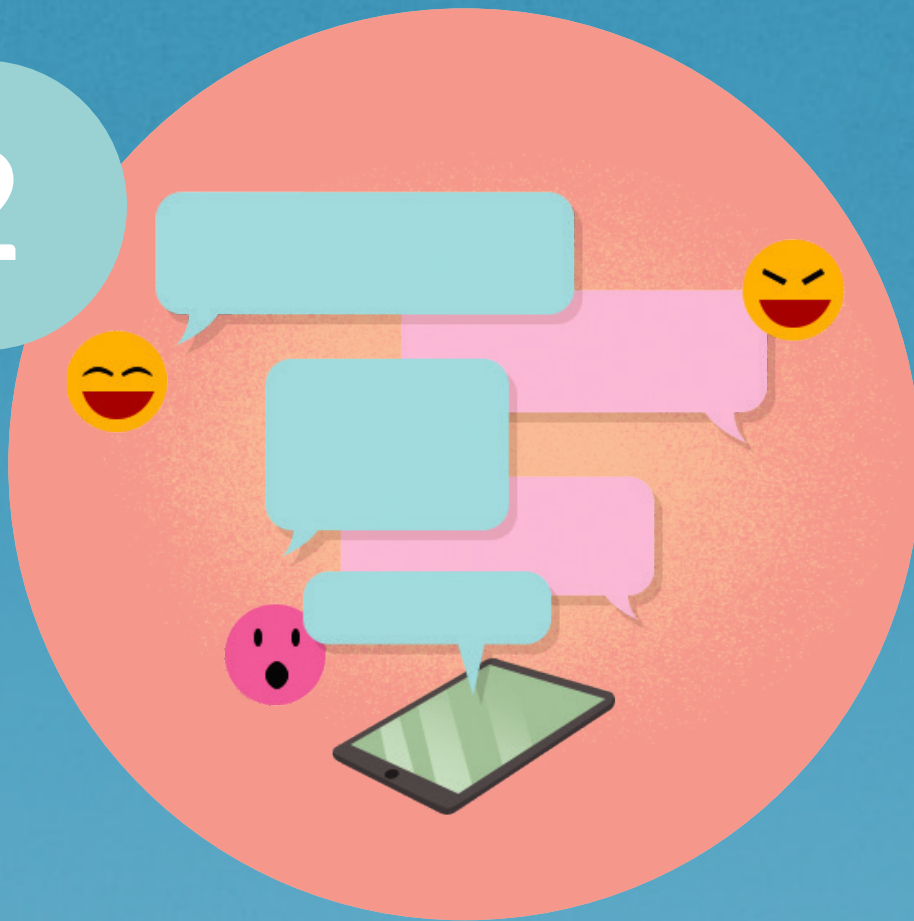
## Improving communication

1



Turn notifications off except for a small group (parents or guardians and close friends)

2



Check your email, texts, and social media on a schedule, and set a timer when doing so

3



Tell your phone to "forget" passwords for social media apps

## Enhancing concentration

4



Set your phone to Do Not Disturb while you study

5



Put your smartphone away and schedule 1-2 min. "tech breaks" every 30 min.

6



Remove all unneeded devices and close apps and windows not work-related

## Staying healthy

7



Take all devices out of your room one hour before you go to sleep

8



Change the settings on your phone to Night Shift/Night Light from evening until first thing in the morning

9



Take 10 min. breaks every 90 min. (breaks should be device-free, such as napping, exercising, etc.)