FIDGETS VS PHONES

Phones distract our minds while fidgets distract our anxiety

Shippensburg University’s REP4 Initiative brings students and faculty together as co-creators of the educational journey.

During the Rep4 Initiative workshop faculty, students, and staff brainstormed opportunities to enhance engagement, support, and strategies to improve focus within the classroom.

WHEN YOU ARE IN CLASS:

- Do you check your phone or send messages, and do you do this more than once?

- Do you keep your phone within arms reach so that you can check the time or social media posts?

- Do your friends and family text you while you are in class, and do you respond to them while in class?

- Do you find that you are stressed, anxious or have trouble staying engaged?

BENEFITS OF FIDGETS

Goal: Help students to focus better with fidgets and replace their phone habit during class time.

- Just like phones, fidgets stimulate our brains, but in a way that keeps us more focused rather than distracted.

- Fidgets are a sensory input that relaxes and calms us, which allows us to grasp knowledge.

- Fidgets are designed to help with self-regulation.

Learn more about Ship’s Rep4 program goals & outcomes, scan the QR code or visit our website: ship.edu/about/offices/cetl/rep4/
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WHEN YOU ARE IN CLASS:
Ask the following question below to help with effective faculty & student dialogue.

Explain the 'WHY' of Your Phone Policy and the Importance to Focus

- Do you have a no phone in class policy?
- Do you find that students are texting during class?
- Do you notice students using electronic devices that impact their engagement?

IMPROVE ENGAGEMENT
Goal: Provide students with fidgets to replace their phone habit during class time.

- Explain to students that they are habituated to use their phone for more than communicating.
- Tell them that when they use their phone during class, they are distracted.
- Share that you care about their success, so limit their phone usage during class time.

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