

# FIDGETS VS PHONES

*Phones distract our minds while  
fidgets distract our anxiety*

Shippensburg University REP4 Initiative

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/](http://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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