

2016 Invitational Research Colloquium

# Growing Up Digital in Alberta: Children, Youth and Society

PROGRAM AND WORKBOOK

MAY 27  
2016

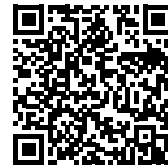


The Alberta Teachers' Association



## The Alberta Teachers' Association

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# WELCOME

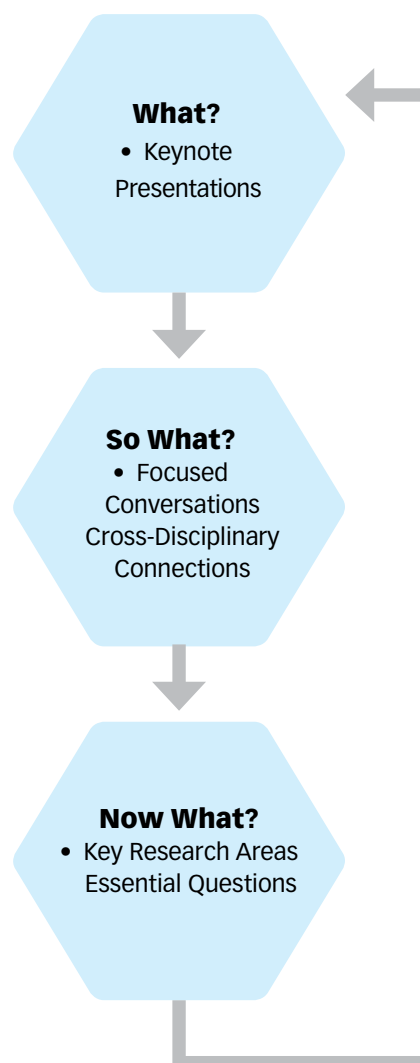
## Welcome to the Invitational Research Colloquium

Emerging technologies are paradoxical in that they hold both promise and peril for individuals, families and communities. As technologies (re)shape our society at an unprecedented rate, those who work with children, families, schools and communities need to understand the impact of online digital activities on offline health and mental well-being.

This colloquium has been structured to allow time for thoughtful conversations about the psychosocial and physiological impacts of technology on children and youth. By definition, a colloquium is an event that gives people from diverse specialties an opportunity to share their research interests. Individual reflection and facilitated focused conversations will help draw out the collective wisdom of participants.

### The goals of the colloquium are as follows:

- To consider the extent to which technologies are (re) shaping the minds and bodies of children and youth
- To explore the neuroscience and psychology of digital distraction(s)
- To identify the issues, perspectives and contentions emerging from current Canadian and American research
- To discuss the 2015 findings of the Harvard University, Alberta Teachers' Association and University of Alberta longitudinal study on Growing Up Digital (GUD) in Alberta
- To generate key questions to guide policy decisions and future research on emerging technologies, learning, teaching and the well-being of children and youth



*Everyone has wisdom  
in this room.*

*We need all of this  
wisdom for the best  
results.*

*There are no wrong  
answers, only powerful  
questions.*

# PROGRAM

0800–0845	Registration and Full Breakfast
0845–0900	Welcome and Setting the Context
0900–1000	<b>The Distracted Mind: Ancient Brains in a High-Tech World</b> Larry Rosen, Professor Emeritus, California State University
1000–1015	Moderated Question-and-Answer Session
1015–1030	Refreshment Break
1030–1115	Table Discussions and Focused Conversations
1115–1145	<b>Growing Up Digital (GUD) Alberta—2015 Research Findings</b>
1145–1230	Lunch
1230–1330	<b>Gaining Connectivity, Losing Connectedness: Growing Up Digital</b> Michael Rich, Pediatrician and Associate Professor, Harvard University
1330–1345	Moderated Question-and-Answer Session
1345–1400	Refreshment Break
1400–1445	Table Discussions and Focused Conversations
1445–1500	Synthesis of Key Research Areas/Questions from Focused Conversations
1500	Closing Remarks and Adjournment

# SPEAKERS



## Keynote Speaker

### Larry Rosen, PhD

*Professor emeritus and past chair of the Psychology Department at California State University, Dominguez Hills.*

Larry Rosen is a research psychologist with specialties in multitasking, social networking, generational differences, parenting, child and adolescent development, and educational psychology, and is recognized as an international expert in the "Psychology of Technology." Rosen has been featured extensively in television, print and radio media and has been a commentator on *The Daily Show*, *Good Morning America*, NPR, and CNN, and has been quoted in hundreds of magazines and newspapers. He maintains an extremely active research program and his most recent investigations include (1) generational differences in technology use and multitasking, (2) the distracted mind from the dual perspectives of psychology and neuroscience, (3) the impact of technology on health and sleep, (4) integrating technology in education, and (5) the impact of task switching during studying and in the classroom.



## Keynote Speaker

### Michael Rich, MD, MPH

*Associate professor of pediatrics at Harvard Medical School and associate professor of Society, Human Development and Health at Harvard School of Public Health, Boston.*

Michael Rich came to medicine after a 12-year career as a filmmaker. His current areas of health research and clinical work combine his experience and expertise in medicine and media, making him the world's first "mediatrician." In this role, he uses scientific evidence about the positive and negative effects of media to advise children and those who care for them on how to use media in ways that optimize personal development.

# SPEAKERS



Colloquium Chair

## **Philip McRae, PhD**

*Executive staff officer, Alberta Teachers' Association, and adjunct professor of education, University of Alberta.*

Phil McRae earned his PhD from the University of Alberta. His research, teaching and scholarship focus on two key areas: curriculum studies and the impact of emerging technologies on education and on society. He was the director of the Alberta Initiative for School Improvement (AISi) at the University of Alberta from 2005 to 2009, where he taught graduate courses in the Master of Education in Educational Studies program.



# WORKING JOURNAL

*We shape our  
technologies  
and thereafter  
they shape us.*

—Marshall McLuhan





# WORKING JOURNAL

0900–1000 **What?** Perspectives/Issues/Contentions



**Larry Rosen**

The Distracted Mind: Ancient Brains in a High-Tech World

# WORKING JOURNAL

## 1030– So What? Focused Conversations 1115



**Objective Question:** What information really caught your attention?

**Reflective Question:** What was the biggest surprise in what you heard?

**Interpretive Question:** How does this information challenge or affirm current practices and policies?

**Decisional Question:** What key research areas or essential questions require further exploration?

# WORKING JOURNAL

1115– What? Perspectives/Issues/Contentions  
1145



**Growing Up Digital (GUD) Alberta**  
Philip McRae, PhD

## 1230– What? Perspectives/Issues/Contentions 1330



**Michael Rich**

Gaining Connectivity, Losing Connectedness: Growing Up Digital

# WORKING JOURNAL

## 1400– So What? Focused Conversations 1445



**Objective Question:** What information really caught your attention?

**Reflective Question:** What was the biggest surprise in what you heard?

**Interpretive Question:** How does this information challenge or affirm current practices and policies?

**Decisional Question:** What key research areas or essential questions require further exploration?

# WORKING JOURNAL

## 1445–1500 Now What? Key Research Areas, Essential Questions



Based on all of your work today, what key research areas or essential questions do you believe require further exploration?

Synthesis



# WORKING JOURNAL

## Notes



Personal Reflections

## Notes



Personal Reflections

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2016 Invitational Research Colloquium

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# Growing Up Digital in Alberta: Children, Youth and Society



## The Alberta Teachers' Association

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This is the third research colloquium on emerging technologies that the Association has sponsored. Presentations and video from the past 2012 and 2014 colloquia are available at <http://bit.ly/abrcindex>.

