



A  Guide  
To Improve  
Screen Time  
 Education Edition



**AN IN-DEPTH GUIDE**

Struggling to balance screen time with work time? In this guide we take an in-depth look at some of the tools to help you improve your screen time and be more productive!

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## MEET HOOTIE



## THE SCREEN TIME OWL



# On-Phone



LOG OFF  
MOVEMENT

# On-Phone

## Big Concepts

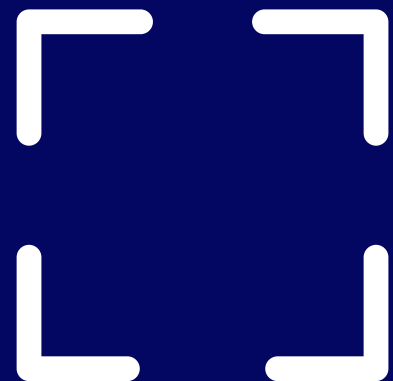


### NOTIFICATIONS

The ability to adjust where & how you receive notifications. Disable sounds, badges, etc. Some devices may allow to receive notification summary at designated times.

### FOCUS/MODES

The ability to modify notifications you receive when toggled (or to schedule). Customizable. Can be used to hide distraction apps.



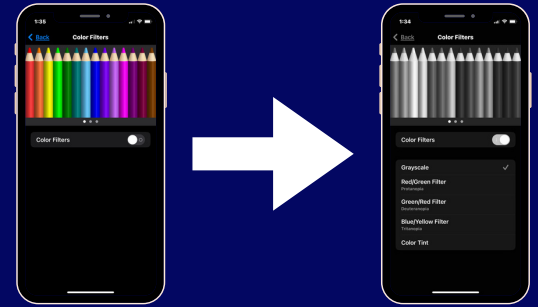
A 2019 UNL study found that college students spend, on average, roughly 20% of their class time "using a digital device for non-class purposes".



# On-Phone Grayscale

## IPHONE

Settings > Accessibility > Display  
& Text Size > Color Filters



## GOOGLE & ANDROID

Settings > Accessibility > Color &  
Motion > Color Correction

## SAMSUNG

Settings > Accessibility > Visibility  
Enhancements > Color  
Enhancement



By switching to grayscale, you decrease the visual stimuli on your phone that keeps you attached to your screen. On most devices, you can even create an automation to toggle grayscale for when you need it most.



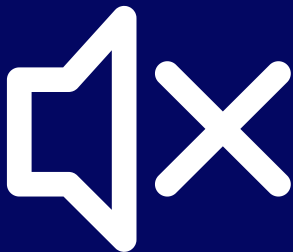
# On-Phone Notifications



## DISABLE BADGES

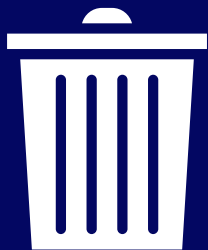
Badges seek to draw you in to check notifications in an app. The color red is used to promote a sense of alert/urgency. On most devices, you can disable badges.

## SILENCE NOTIFICATIONS



The sound or vibration of a notification habitually releases dopamine, which our brain craves. It often leads to reacting fast to interact with the notification. Silencing notifications helps regulate use by stopping this cycle.

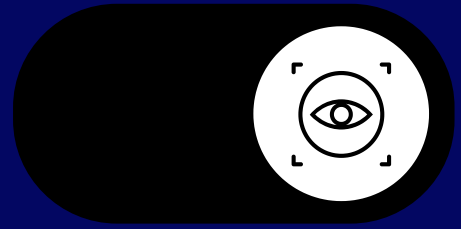
## DISABLE NOTIFICATIONS



Notifications are attention-grabbers. You are more likely to use your phone if you see a notification. So especially when you want to focus, why not just make it so you don't have to worry about them?



# On-Phone Focus Modes



## SILENCE NOTIFICATIONS

When enabled, the focus mode will filter notifications to your whitelist/blacklist. It can be enabled for both contacts and apps.



## HIDE DISTRACTION APPS

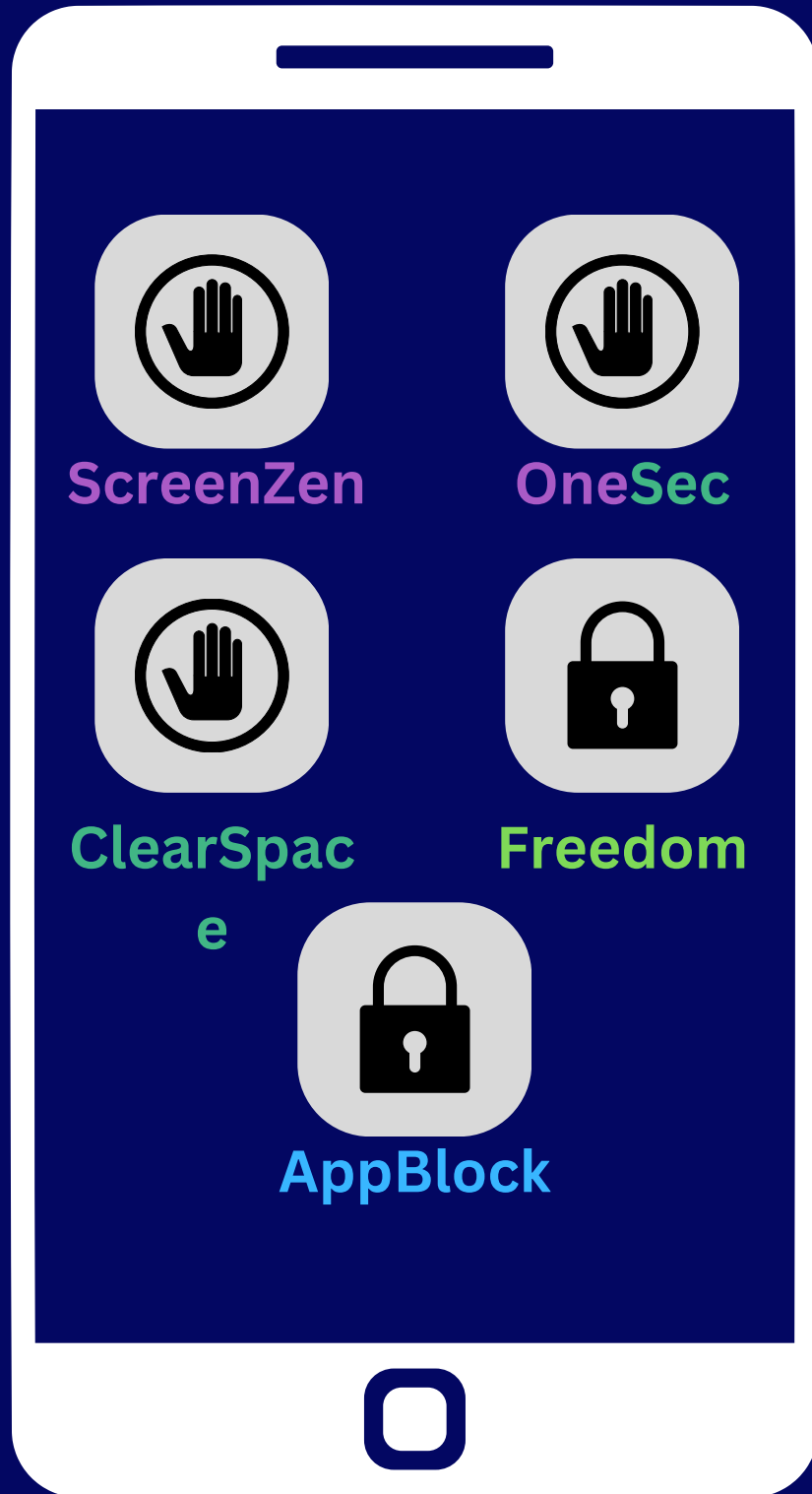
Depending on your device, you can either change your home screens to change what apps you see or blocks apps when activated.



## SCHEDULE

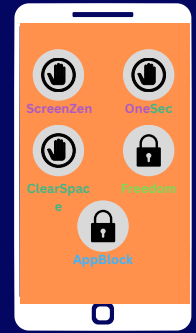
You can schedule your focus modes, or setup various presets for different occasions such as school, work, etc.

# Apps For You





# Apps For You



## Big Concepts



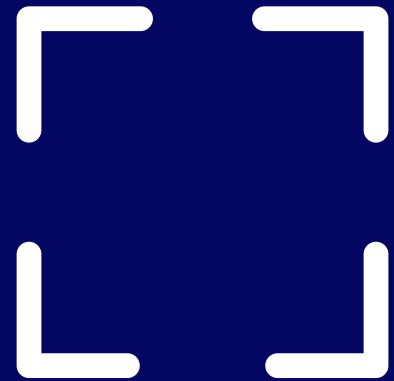
### CYCLE-BREAKERS

There are several apps out there that were developed with a unique idea. Excessive social media can become a habit, and there's a cycle that can be broken to prevent that.



### FOCUS SESSIONS

Sometimes you just need to completely block social media in order to get work done. Utilizing features in your phones, there are apps that create a digital environment that is easier to focus in.



# Apps For You

## ClearSpace

Clearspace helps redirect impulse clicks by implementing a time buffer to designated apps. This buffer breaks the impulse habit of opening apps and getting instant access to the content, which can reduce excessive checking.

To help prevent doom scrolling, Clearspace utilizes session lengths that are customizable to your needs that will kick you from the app when the session ends.

The user-friendly interface helps directly tackle social media and phone addiction by enabling you to align intentional use with actual use. It assists in making independent and conscious decisions about your phone usage.



# Apps For You

## Freedom

Freedom is an app that allows you to create focus sessions that block out distraction apps and sites. During a focus session, you will be unable to open the blocked apps. You can set them for either a set amount of time or until a designated time.

Additionally, Freedom offers ambient sounds for background noise. There are audios from coffee shops, offices, nature, and tunes.



It is argued that background noise brings your brain activity to a capacity that helps block out distractions around you; helping you focus when you need it most.

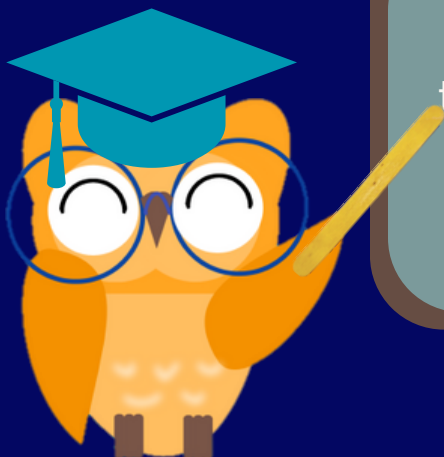


# Apps For You



OneSec recognizes the triggers in apps that create our social media habits via instant gratification. By using a time buffer, OneSec delays gratification, making your brain lose interest in these "short-term dopamine hits".

On the free plan, OneSec also offers "Don't get lost" notifications which alert you if you've been on a selected app for a period of time to help prevent doom scrolling.



OneSec supports both short-term and long-term changes in social media use. In the short-term, it can reduce unintentional use. In the long-term, it changes your behavior interacting with the app due to the friction added when opened.



# Apps For You

## AppBlock



AppBlock is an app that allows you to block out distraction apps and sites. You can enable based on previous usage, location, and time.

Depending on your subscription, there are additionally factors and barriers you can implement.

This is what you see while an app is blocked



# Apps For You

ScreenZen 



ScreenZen is another app that uses the buffer system to delay gratification. It encourages you to consciously think about whether you want to continue to the app. You also have control over various settings such as session length, strictness, scheduling, etc.

It additionally uses the gamification of a streak (much like social media) to help encourage you to stay on track with your screen time goals.

"According to statistics, gamification increases content discovery and activity feed engagement by 68%." -StatusBrew

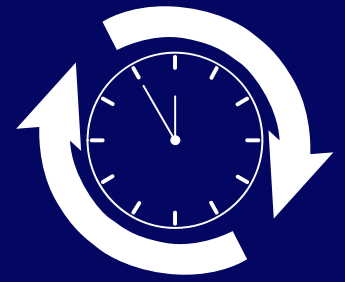


# Habits To Make



# Habits To Make

## Big Concepts

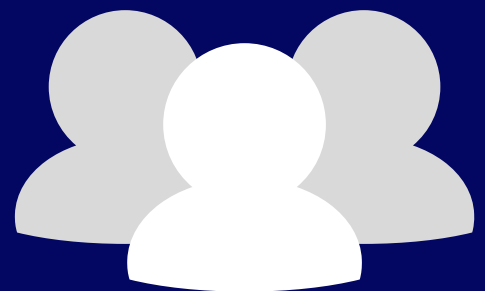


### INDIVIDUAL

There are several apps out there that were developed with a unique idea. Excessive social media can become a habit, and there's a cycle that can be broken to prevent that.

### GROUP

Sometimes you just need to completely block social media in order to get work done. Utilizing features in your phones, there are apps that create a digital environment that is easier to focus in.





# Habits To Make Individual



## LEAVE IT OUTSIDE

Out of sight, out of mind, right? Research shows that our dependence on our phones is at a level that they actually take some of our attention even when we're not explicitly using them.

## DIGITAL SABBATH

Though often used to reflect or relax, it may also help you focus. If you have a designated "work day", consider designating that day as one where you avoid your phone.

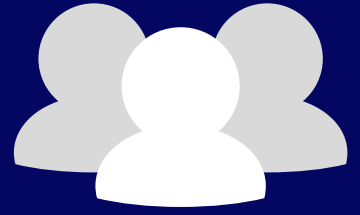


## CUP OF PEACE

Not using your phone during your morning routine may actually help you be more productive that day. Using your phone breaks the natural waking cycle and primes you for distraction.



# Habits To Make Group



## PHONE STACK

Studying and doing work with friends? Consider placing your phones in a pile at the beginning of the study session. You can even make it a game.

## ALTERNATIVE COMMUNICATION

Try to do in-person study sessions with friends. Doing so puts the phones aside and reduces the likelihood of getting distracted by it.



## ACCOUNTABILITY BUDDY

Getting distracted during a virtual study session? Make a pact to admit digital distractions to each other. Your friend will likely lend a hand in your screen time journey.



# In Closing



**Thank you for checking out "A Log Off Movement Guide To Improve Screen Time: Education Edition".**

We sincerely hope that this guide was able to equip you with the information and tools you need to help focus and be more productive. Every person who struggles with excessive screen time may struggle for a different reason. That is why there is not a one-size-fits-all solution. Maybe it's one tool, maybe it's a combination that is your strategy to improving screen time.

Our phones are powerful tools, and as we all know "with great power comes great responsibility". But it is up to us to be the change we want to see in our lives. It all starts with a spark, and from there, we just have to take things one step at a time.

**Until next time:**

**Stay aware, be prepared, and take care!**

