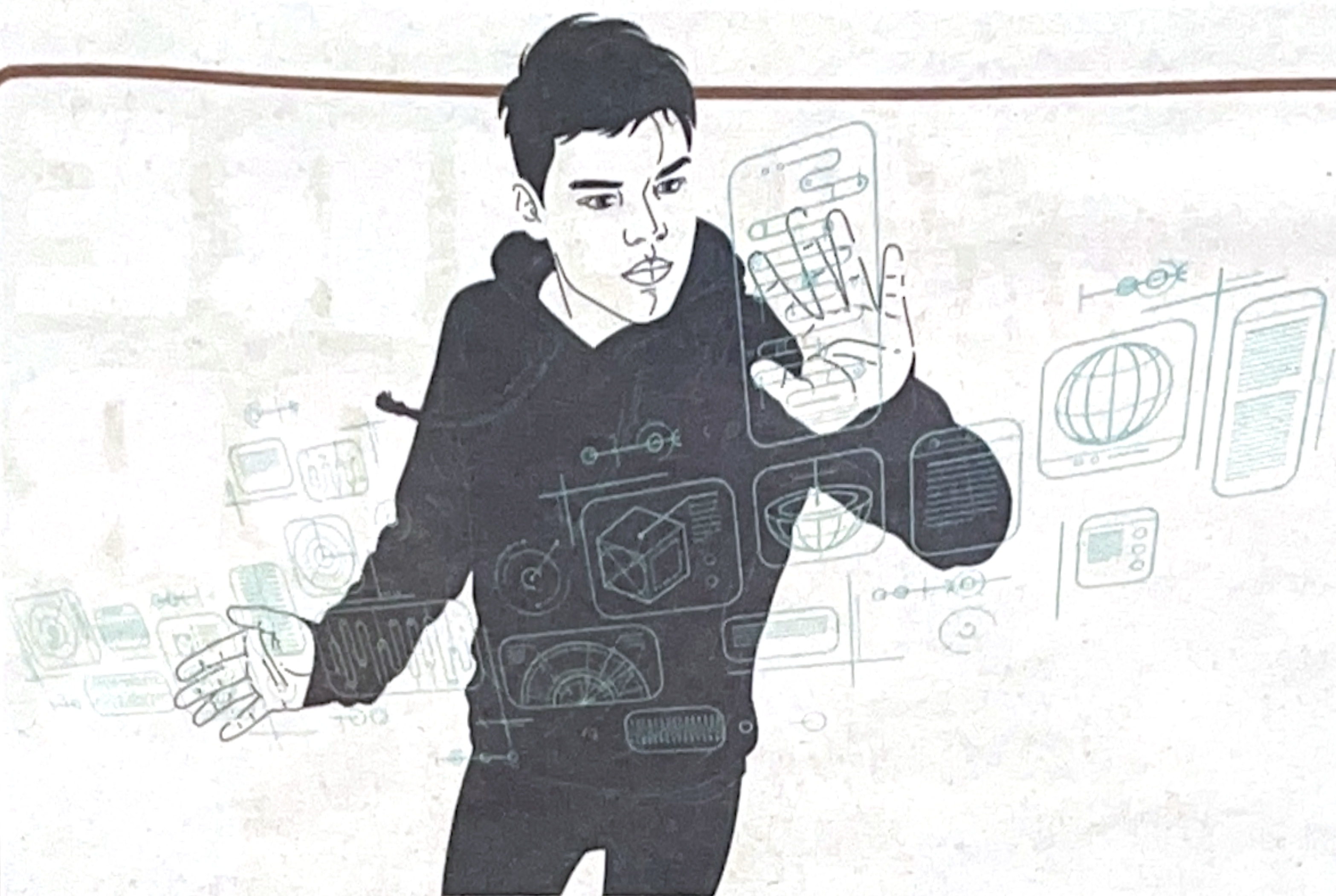




Need for balance with TECHNOLOGY

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Whenever I enter my classroom, the first thing I see is my peers on their tablets. They seem to be attached to their devices, as if a strong glue is keeping them stuck to their tablets.

I know what they are doing: some are playing games, while others are scrolling on social media, discreetly hiding their tablets in desk drawers to avoid suspicion from prefects and teachers.

Some are learning foreign languages using an app called Duolingo, which our principal encourages us to use alongside our textbooks. Others are unleashing their creativity by using digital drawing software.

Students who abuse electronic devices face negative consequences. Many now use artificial intelligence to help them with their homework.

Over time, they develop the habit of not using their brains to study. In some cases, students can become addicted to their devices. When this happens, they can become inattentive in class and will not learn any new knowledge from their homework.

If students use their devices for educational purposes, they can learn more outside school.

I support schools that require students to bring their own devices to class. It gives them access to online

dictionaries, educational websites and more.

Technology is advancing rapidly, and virtual reality (VR) has even been added to the classroom.

Some schools use VR in physical education classes to let students engage in and enjoy sports using advanced technology.

Turning the classroom into a metaverse can make students more interested in learning, as technology is trending among our generation.

Parents and guardians should ensure that students are using electronic devices effectively for their studies rather than as a distraction.

But sometimes, parents get frustrated when it comes to controlling their child's screen time. Students may be unwilling to cooperate with their parents, and these groups may not communicate well because adults are often busy with work, leading to arguments.

Parents and students should communicate to bond and set up boundaries for screen time. In some cases, parents may overreact and think that fierceness is the best way to solve the issue.

However, students could become overstimulated by the stress and pressure. Instead, parents should approach the subject calmly and respectfully to ensure a productive discussion.