Students today are often called digital natives—they’ve grown up in an environment that provides 24/7 access to information at the touch of a button. At SuperCamp we provide a pattern interrupt by creating an environment that invites them to live without technology so they can see the benefits of face-to-face interaction.

The Technology activity was designed to provide an opportunity for the students to become aware of how technology impacts their academic and personal lives. They dive into a group discussion around distractions and emotions/feelings that emerge through the use of technology and then create solutions and strategies to be able to use technology in a more effective manner. They create commitment statements to hold themselves accountable to incorporate technology to benefit their lives and to unplug from technology to create balance in their lives.