

Book Club Questions:

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**THE TECH
SOLUTION**



Includes a 6-step plan for success

"Straightforward guidelines for how to protect our most important resource: the next generation's brains." DANIEL LEVITIN, PhD, *New York Times* bestselling author of *Successful Aging*

- 1) In what ways have you noticed technology's impact? Do you believe it has changed your own brain, body, and behavior or that of people you know?
- 2) What emotions have your child's technology use been "fired and wired" with (diagram page 29)? I.e. Do they check their phone when they are stressed, bored, angry?
- 3) When you consider the three areas of mastery recommended before introducing tech use (page 46), how are you/your child doing with these? Rank each one on a scale of 1-10.
- 4) What tech habits are working well in your home/classroom?
- 5) What aspect of technology do you/your child derive dopamine/short-term pleasure from? Do you believe this could lead to addictive behaviors?
- 6) What aspect of technology is particularly stressful for you/your child? Please refer to the overt and hidden tech stresses in Chapter 4.
- 7) What self-care (endorphin releasing) activities do you/your child do on tech? How does these feel? Could you do more?
- 8) Do you feel more connected (oxytocin release) during video meetings & phone calls vs. text message or email? How does hearing voices, seeing faces affect you/your child?
- 9) What are some creative activities (serotonin releasing) activities you/your child do on tech? How do these feel? Can you do more of these?
- 10) What stage of change (pg 244) are you/your child in regarding improving your tech habits?
- 11) The Tech Solution Plan has six discrete steps. Have you tried any aspect of this plan before? What worked/what didn't? How can you try again?
- 12) How can tech help you/your child improve the 5CS of Future-ready leaders – communication, collaboration, critical thinking, contribution, and creativity?

