

Spend a week without using any Google and Facebook Products, write down your daily notes, thoughts on what life is like. Is it more difficult? More relaxing? Stressful?

**Question:** Do you feel as if the Internet and your devices have made you unable to retain information?

I absolutely feel like my use of the internet has made me unable to retain as much information as I could before and has also affected my ability to concentrate and read for longer periods of time. Like Nicholas Carr the author of the "I Google Making Us Stupid" I was once obsessed with reading books, especially while growing up I could read about 30 pages a day easily if I enjoyed it. Now I get distracted after 3 pages, or even as I'm reading I feel like the information does not retain as well as it used to and often find myself re-reading a section multiple times. This not only happens while reading but while typing and writing essays, I write a few sentences and then my concentration drifts and I find myself on my phone, scrolling on instagram or doing literally anything else, before coming back in a few minutes.

I was not able to go an entire week without using google or facebook products but I did try the experiment for 24 hours and I really don't think I could last a full seven days. For the time that I was able to go without using google or facebook products I can definitely say it was more relaxing, I barely used my phone and took the time to type assignments in my notepad and I feel like I had a really productive day. When I went back to using google I realized I mostly use google to find out information about businesses, like whether or not a place is open or what restaurants are near me and what services they offer like dine in, outdoor, or delivery.