**Advanced Computer Applications:**

Watch the video – you will need headphones: <http://academicearth.org/electives/internet-changing-your-brain/>

Then read the articles at these sites. \*\*You might want to take notes because you are going to have to reflect on the articles and video in a Word document.\*\*

# https://www.nytimes.com/2018/08/15/well/move/why-sitting-may-be-bad-for-your-brain.html

http://www.huffingtonpost.com/2013/10/30/shocking-ways-internet-rewires-brain\_n\_4136942.html

 http://mashable.com/2014/03/14/tech-brains-neuroplasticity/

Read these articles found in our class folder on the Share Drive in the folder called Lesson Files and in a folder called Brains.

[Are Our Brains Being Rewired by Technology](https://wladvancedcomputerapplications.edublogs.org/files/2015/09/Are-Our-Brains-Being-Rewired-by-Technology-z7cvcg.docx)

[StudentAddictionToTechnology](https://wladvancedcomputerapplications.edublogs.org/files/2015/09/StudentAddictionToTechnology-2lsffyp.docx)

In a Word Document, reflect on the articles and video and write 150-250 words on items that you found of interest, facts from the articles, as well as your opinion on the topic. Save the document following the path (bread crumb trail) below.

Share Drive🡪2021-2022-Business Computer Applications🡪your folder🡪Make a folder called Brains🡪name the Word document Brains

**This will be due Monday at the beginning of class.**