

## WORK ETHIC – LESSON 12

### “ADDICTED”

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**INTRODUCTION:** In this Work Ethic Lesson, we will discuss the impact of social media and electronic devices in our personal lives and take a look at how they affect the work place. The electronic age and access to social media while on the job has created a nightmare for many employers. Many employees are using company time to conduct their personal lives and are wasting huge amounts of time “sneaking” onto their electronic devices. Because so many people have become addicted to all their “devices,” those addictions are killing relationships and causing businesses major losses in productivity. What would you say if I accused you of being addicted to your cell phone or iPod? Does it cause you to get defensive? It used to be that people were most commonly addicted to drugs and alcohol – we can now add electronic devices to the list. As part of this lesson, we are going to watch an interview with author and speaker, Simon Senek, as he shares his opinions about young people in the workplace and how this technology is affecting lives and businesses. Please answer the following questions. This will be a two-week assignment. Questions 1-8 this week, 10-22 next week. You will turn in two separate papers.

<https://www.youtube.com/watch?v=hER0Qp6QJNU>- Simon Senek on *Millennials in the Workplace*

1. So let’s start with the big question, do **you** think you are addicted to your cell phone or iPod? Why or why not?
2. Pick a school day this week. On this day, you are to keep track of how many times you check your phone, pick up your phone, google something, surf the web, how many texts you get, how many you receive, how many Facebook, Twitter, Snapchat, etc. interactions you make in one day at school. I need you to be honest here. Keep track of your information on the index card I give you. This is from the time you get to school until the time you leave school.
3. On another day, you are to keep track the same way you did in question 2 except you are to keep track of it from the time you get up until the time you go to bed. Give me all the details.
4. For those of you who work, what is the first thing you do on your break time? What do most of you do when going the bathroom?

5. Yes, I would agree that cell phones and electronic devices are handy at times. However, they cause a lot of damage as well. Please list 3 negative effects of these devices in our lives.

1 -

2 -

3 -

6. Please list 3 negative effects of social media.

1 -

2 -

3 -

7. So, if you owned your own welding and machining business, what would your cell phone/electronic device policy be? Remember this is **YOUR** business and you are paying people well for their time and skills. You are not obligated to cater to your employee's cellular device addictions. Give me the details and ramifications for employees who break your rules. If they did break your rules, how would this make you feel as an employer?

8. One of the most critical employee skills needed in the manufacturing/construction career environment is the ability to communicate effectively with others while on the job. How are electronics and social media degrading your one on one-communication skills?

9. Why are electronics, cell phones, and social media etc. hugely affecting people's ability to **listen** to others in verbal conversation?

10. Simon Sinek mentions impatience as a killer for your generation especially when it comes to a good job and career. Do you agree with him? Why or why not? Why do you think patience is so tough for students of your age group?

11. When with your immediate family or extended family in a family type of environment (birthday party, a Christmas get together etc.), do you spend lots of time on our cellular device instead of engaging in meaningful conversation with the others present? Why do you think this is ok? Be honest here. Do you understand why this would be hurtful and disrespectful to the people you are with? Do you plan to keep doing this?

12. Sinek says, ***“Job satisfaction and strong relationships take time, energy, and effort. And there ain’t no app for that!”*** What do you think he means by this statement? Do you agree?
13. Is your cell phone the first thing you check in the morning and is it laying by your bed at night?
14. Have you had a relationship damaged through some stupid issue or misunderstanding using text messaging or social media etc.? Please explain the details.
15. Why do human beings get “brave” when they text and email and say things they never would say in person?
16. Do you agree or disagree that young people know less than previous generations about forming deep, lasting relationships because of the electronic age? Please explain your thoughts. I need more than a sentence or two here.
17. I recently heard an adult say that “young people care more about the people they are texting with than they do about the actual human beings they are with in person”. Do you agree, why or why not?
18. Why do older generations get so frustrated and find it so rude when young people are on their cell phones when young people are in person with them?
19. Sinek says repeatedly that your generation is the way you are “through no fault of their own”. “They were dealt a bad hand”. Do you agree with this statement? Why or why not?
20. Do you think **parents** have an unhealthy addiction with “keeping track” of their kids now that most kids have cell phones? Has this happened to you and if so, describe the situation.
21. Why do so many people like your teacher despise what cell phones are doing to people?
22. **The Big Challenge**- As part of this assignment, you will get 25 extra credit points to unplug and lay off your cell phone, social media, the internet and all electronic devices for one day. One morning until the following morning. A full 24 hour fast of all electronic devices. **Yes you will live!** You have to sign an agreement with me and you have to be honest.

Write a paragraph about how the time went, what you did, how it made you feel etc. Do you plan to make any changes in your life regarding this issue? Please explain.