9.   E.G., VIDEO PROJECTION AND ANALYSIS

Methodological tool Code and Title	MT2.3_2
Competence Code and Title	SCIENCE & TECHNOLOGY
Learning Outcomes covered by the Methodological tool	
Methodological tool Aim	
Hints and tips for the trainer to use the Methodological tool	
Attachment/s to use the Methodological tool	Provided in the activity template below (if applicable).

Methodological Tool Title
MT2.3_2
Video Title (if different from the MT Title)
Technology Related Anxiety - It's a Thing, Let's Talk About It!
Video Source (e.g., URL)
https://www.youtube.com/watch?v=1E6HYxlOpwc
Video Creator (Person/Organisation/Authority)
Jerad's Tech Tips & Reviews

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Video Duration (if a segment of the video should be projected, please indicate also start and end time)
12:00

Estimated Duration (of the Activity) (broken down into steps, if necessary)
30 Minutes

General Guidelines (for the trainer)
The video "The Science Behind Decision Making" explores the intricate processes that govern our choices, emphasizing the interplay between the prefrontal cortex and the limbic system. The prefrontal cortex is responsible for rational analysis and logical reasoning, while the limbic system drives our emotional responses. This dynamic between logic and emotion significantly influences our decisions. The video also highlights common cognitive biases, such as confirmation bias—the tendency to favor information that aligns with our existing beliefs—and the availability heuristic, where recent or easily recalled information disproportionately impacts our judgments. Additionally, the video examines how external factors like stress and fatigue can impair decision-making abilities. Under stress, the body's fight-or-flight response can overshadow rational thinking, leading to impulsive choices. Similarly, fatigue diminishes cognitive function, making it challenging to evaluate options effectively. By recognizing these influences, individuals can develop strategies to mitigate their effects, such as ensuring adequate rest and managing stress levels, thereby enhancing the quality of their decisions.

Instructions (for the participants)
Please review the following video and answer the following questions.

Debriefing Questions
What issue did Jared highlight as a result of over-reliance on technology?

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A. Difficulty keeping up with software updates.
B. Increased feelings of anxiety when technology doesn't function as expected.
C. Problems with battery life and device durability.

What suggestion did Jared make to establish a healthier relationship with technology?

A. Turning off all notifications permanently.
B. Setting digital boundaries, such as limiting phone use in the morning.
C. Replacing smartphones with older, basic phones.

What does Jared believe is a common unintended consequence of integrating technology into daily life?
A. A loss of productivity.
B. Developing habits that unintentionally lead to stress and anxiety.
C. Spending too much money on the latest gadgets.

Remarks by the Trainer

What issue did Jared highlight as a result of over-reliance on technology?
A. Difficulty keeping up with software updates.
B. Increased feelings of anxiety when technology doesn't function as expected.
C. Problems with battery life and device durability.

Answer: B

What suggestion did Jared make to establish a healthier relationship with technology?

A. Turning off all notifications permanently.
B. Setting digital boundaries, such as limiting phone use in the morning.
C. Replacing smartphones with older, basic phones.
Answer: B

What does Jared believe is a common unintended consequence of integrating technology into daily life?
A. A loss of productivity.
B. Developing habits that unintentionally lead to stress and anxiety.
C. Spending too much money on the latest gadgets.
Answer: B

Adaptation of the Methodological Tool for Asynchronous Learning (what to change) **(if applicable)**
*Attachment/s **(if applicable)***
[Please copy and paste the relevant file/s: documents, worksheets, etc. here, and then delete this.]

ERF MTs Template

Task 2.2