

TECH TIMES

Technology News You Can Use

November 21, 2011



Good Monday everyone! As I have travelled around the county I have noticed that many of you are reluctant to interact with the technologies we have. The reasons for this reluctance are as varied as the number of teachers working in the system. Seymour Segnit, the founder and president of Change That is Right Now, states that none of us experiences technophobia in the same way. The important thing to remember is that there is absolutely nothing wrong with you if you are experiencing technophobia.

SYMPTOMS OF TECHNOPHOBIA

Technophobic symptoms can be mental, emotional, and physical. The anxiety and fear can range from feelings of discomfort to panic attacks. The closer a person is to the source of their anxiety the more discomfort they feel.

Change That is Right Now has created an online quiz to determine the level of technophobia you are experiencing.

[Online Technophobia Quiz](#)

The mental symptoms of technophobia may be:

- Obsessive thoughts
- Difficulty thinking about anything other than the fear
- Really bad images of technology
- Fear of losing control or breaking the technology

The emotional symptoms of technophobia may be:

- Worrying about upcoming events that involve technology
- A persistent and overwhelming fear of events that involve technology
- A intense instinct to flee from situations involving technology

The physical symptoms of technophobia may be:

- Dizziness, shaking, palpitations
- Shortness of breath
- Pounding heart

- Chest pain or discomfort
- Feeling of choking
- Sweating
- Nausea or stomach distress
- Light-headedness
- Numbness
- Hot or cold flashes

OVERCOMING TECHNOPHOBIA

One effective method for overcoming technophobia is called "anchoring". Anchoring is interesting because it is easy to accomplish and costs nothing. The method involves linking or anchoring feelings of goodwill to a stimulus. When feelings related to technophobia begin to overcome you, simply access the anchor until your feelings return to normal. Read more about anchoring [here](#).

NEO 2

I wanted to share a new technology tool that I discovered at a symposium over the weekend. The NEO 2 combines all of the technology tools that we have in the classroom into one nice little package. Users are able to word process, respond to teacher questions and prompts, take STAR and Accelerated Reader assessments, practice math facts, and so on. The teacher is able to grade and return student work without carrying home a pile of papers. If you are interested in a green classroom, check out the NEO 2.

Cool iPad App of the Week:
The 12 Days of Christmas HD



