

# Five Ways We Misuse Technology

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

7

**Pre-requisites**

No prior experience needed

**Video duration**

14m

**Estimated study time**

14m 2s

**Instructor**

Ethan Cole

## Introduction

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### 1 Optimizing your tech usage

Technology has infiltrated every aspect of our professional lives, affecting how we communicate and accomplish tasks.

## Practicing Mindful Technology Use

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### 2 Overrelying on technology

Excessive dependence on technology can cause various health issues and impact social development.

### 3 Multitasking inefficiently

In our fast-paced digital world, multitasking with electronic devices can seem efficient but often leads to increased stress and decreased productivity.

### 4 Neglecting personal development

Relying too much on technology can hinder professional growth by limiting critical thinking and skill development.

### 5 Resisting new tools

Fear and resistance to new technology can significantly hinder productivity and collaboration.

### 6 Giving unfounded trust

Blindly trusting technology can lead to significant risks and errors.

## Conclusion

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### 7 Supporting your development with tech

Thank you for watching this course!

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