Natalie Shifrin

Prof. Koopman

Collaborative Projects

2/22/14

Previous Unplugged Experience Results

NY Times Experiment-The Unplugged Challenge

* James Cornell-18 phone for a day, no video games, no Facebook for a few days

“My cell phone was killer because all I did was make my dad take it to work with him for a day, and I was kind of jittery all day cause I knew somebody would be texting me and I couldn’t talk back and they’d be mad.”

* Rupa Dev- 24 no internet for a week

“When I couldn’t go online I found myself exercising more, baking, cooking, and I actually went out and bought a camera…because I found the desire to engage with the world more visually and more tangible than I was before.”

24 hours: Unplugged-ICMPA study at University of Maryland

* “Texting and Facebook allow me to make plans to meet up and act socially, whereas without those two devices I had no easy way of making plans unless I happened to run into the person I wanted to do something with.”
* “Texting and IM-ing my friends gives me a constant feeling of comfort. When I did not have those two luxuries, I felt quite alone and secluded from my life.”
* “I noticed physically that I began to fidget, as if I was addicted to my iPod and other media devices, and maybe I am. “

Paul Miller – 1 year no internet

* First few months: “Without the retreat of a smart phone, I was forced to come out of my shell in difficult social situations. Without constant distraction I found I was more aware of others in the moment. I couldn’t have all my interactions on Twitter anymore; I had to find them in real life.”
* Later: “I guess those first few months felt so good because I felt the absence of the pressures of the internet. My freedom felt tangible. But when I stopped seeing my life in the context of ‘I don’t use the internet,’ the offline existence became mundane, and the worst sides of me began to emerge. Instead of taking boredom and lack of stimulation and turning them into learning and creativity, I turned toward passive consumption and social retreat.”