

Stop Googling. Let's Talk.

October 22, 2015

The New York Times:

COLLEGE students tell me they know how to look someone in the eye and type on their phones at the same time, their split attention undetected. They say it's a skill they mastered in middle school when they wanted to text in class without getting caught. Now they use it when they want to be both with their friends and, as some put it, "elsewhere."

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In 2010, a team at the University of Michigan led by the psychologist Sara Konrath put together the findings of 72 studies that were conducted over a 30-year period. They found a 40 percent decline in empathy among college students, with most of the decline taking place after 2000.

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But we are resilient. The psychologist Yalda T. Uhls was the lead author on a 2014 study of children at a device-free outdoor camp. After five days without phones or tablets, these campers were able to read facial emotions and correctly identify the emotions of actors in videotaped scenes significantly better than a control group.

Read the whole story: [The New York Times](#)