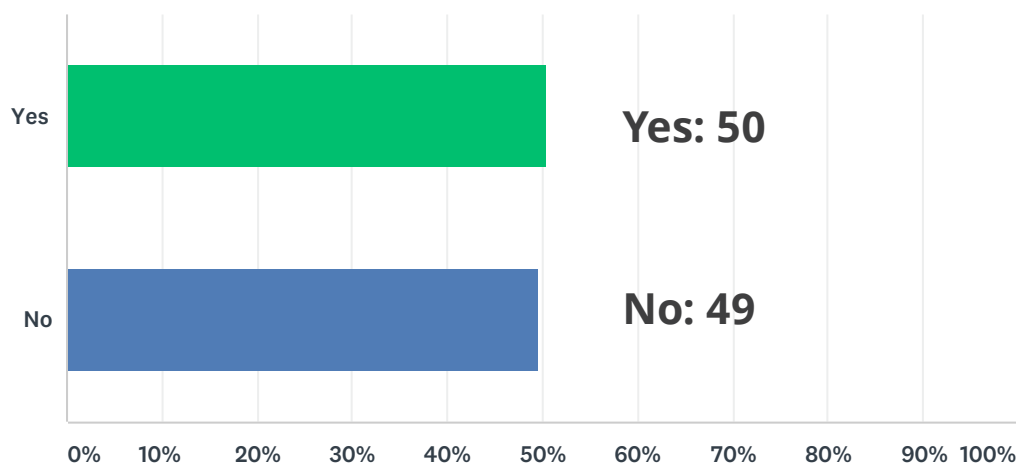


Technology: All it's cracked up to be? You responded: maybe?



Last month's survey asked, "Do you think devices like smartphones and computers have improved your life or not? Please vote 'Yes' or 'No' below. Then tell us your reason why."

The results were split, almost exactly 50-50!



As you read on, you'll notice that some of the comments that went with "yes" votes include warnings about the overuse of technology. And some of the nay-sayers' comments admit that technology can be helpful. We seem to feel ambivalent about how much technology is helping us.

Here's a sampling of the comments we received:

Yes	No
When I think back to the times before I had it I would need to bring a camera along with me to capture family memories. Now I can keep all 8,000 pictures on the phone and look back at my recent memories often.	I think new devices like smartphones have made life more complicated. For example, now since we have access to everything all the time, the expectation that you do things faster and do more is there.
I can now store creative written works in the computer and make revisions accordingly... instead of having to do copies by hand. Computers and smartphones allow me the ability to perform my work and receive work emails while in the field. They also allow me to work from home!	Smartphones/wireless tech give great flexibility/access to information, but also contribute to addictive behaviors, damaged relationships and wasting time/unproductivity. I'd forgo convenience to avoid these negatives.
Yes, but they have consumed us and that is not good.	My life into adulthood was not worse without them. They are but a change, not necessarily an improvement. I'm thankful to have experienced both times.

Yes	No
Having immediate access to information and communication is an indispensable part of my life.	I have become less physically active because I am on my phone or computer too much.
I am able to navigate anywhere in the world as long as my phone has power.	I think there are benefits to technology, but overuse is creating a society with less human interaction.
I can keep my calorie counting quick and easy. It makes me aware of how many steps I have done and set a goal to get more.	I feel like it puts a distance between relationships. We tend to be involved with our technology more than working on a relationship.
Being able to stay in closer contact with family and friends.	I believe that technology has made things more convenient for me, but I don't believe it's improved the quality of my life.
In some ways. The internet [makes] put information readily available to me. Smartphones have affected people's communication skills.	Computers and smartphones are definitely a benefit to have and use but [I] believe they have squashed people's imagination, power to dream [and] create due to the instant access of having every question searchable or answered by Google, etc.
It has helped me complete my studies... and has made work more efficient.	It has destroyed our ability to focus and critically think as a society.
It makes finding information faster and easier, but it also has made me lazier when it comes to some things.	It has taken communication away; students do not know how to utilize a library, there is cyber bullying and a huge lack of socialization.
Opens new learning opportunities.	The amount of time setting up an account, logging in with passwords that don't work, are forgotten, need to be changed is ridiculous and highly stressful.
So much easier to find information!	While I interact with more people, it means less or nothing to the people I interact with in person.
Take your smart phone everywhere [for] workouts and healthy recipes. Music can be heard while working out. Also great inspiration from famous athletes...	They have made people lazy and less social. Although they help in many ways, the world definitely needs to take a step back from them and develop the human element again.
Technology has allowed me to get more done in less time. However, it has also taken over my life.	They cause me to be more distracted and inward-focused.
Yes and no really. There is more information at our fingertips, but it can be overload as well.	They are a net negative. They only add to the compression of time and obligations.
Yes and no; while some things are more simple, technology takes the 'personal' out of everything.	Constant connection has made the world less human, less genuine, and less interactive.
They offer more access. We just need to use it correctly. Don't let it take the place of living!	You should be living life not looking at a screen.

Thank you for sharing! We look forward to hearing from you in our next survey!