🌐 Digital Literacy & Focus Check-In

Focus: Managing screen time, online distractions, and digital learning
Purpose: To support students in using technology productively

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Section 1: Focus and Digital Habits

1. **Do you find it easy to focus while using digital devices for learning? Why or why not?**

2. **What usually distracts you most when using a device to study or revise?**
   (e.g., social media, notifications, messages, gaming, switching tabs)

3. **How many hours per day do you think you spend on screens (outside of lessons)?**

   ○ Less than 2 hours

   ○ 2–4 hours

   ○ 4–6 hours

   ○ More than 6 hours

Section 2: Managing Distractions

4. **How do you avoid distractions when studying online?**
   (e.g., turning off notifications, using focus apps, planning breaks, I don't avoid them)

5. **Do you feel in control of your screen time during the school week?**

   ○ Yes, I manage it well

   ○ Sometimes, but it's hard

   ○ Not really

   ○ No, it often gets out of hand

6. **What's one digital habit you'd like to improve?**
   (e.g., reduce scrolling, focus more while studying, sleep earlier, check phone less)

Section 3: Digital Tools for Learning

7. **What apps or tools help you stay organised or revise better?**
   (e.g., Google Calendar, Quizlet, Forest, GCSEPod, BBC Bitesize, Notion)

8. **Do you feel confident using digital tools for schoolwork (e.g., email, research, online platforms)?**

   ○ Very confident

   ○ Mostly confident

   ○ A bit unsure

   ○ Not confident at all

9. **What's one way technology has helped you succeed in your learning recently?**

10. **If you could design your ideal digital learning environment, what would it include (or avoid)?**