

Mid-level student sample
College Writing II

The Internet And its Negative Effects

The Internet has had a huge impact on our lives and as time goes on that impact has become more pronounced. It has revolutionized the way we live. There are pros and cons to the Internet and all of the technologies that go along with it; it all just depends on how we utilize it. Since the Internet was first introduced it has only become more integrated into our everyday lives through other things like cell phones and social network sites. Although the Internet and technologies have made our lives more fast paced and progressive, over exposure has affected our attention span and made us more susceptible to distractions.

In a simpler time when computers were first introduced they were not meant to be transported and did not even have the Internet. The first computers had programs like Microsoft Word and were meant mostly for work purposes. When the Internet was introduced, popularity for computers increased. Models today are much smaller and the Internet is more easily accessible. The accessibility of such technology is what is making it so distracting.

Although the Internet has put all the information we could ever desire at our fingertips, it is at the same time remolding our brains. When browsing on the Internet it is often hard to concentrate on one page at a time. There is so much out there that people often spend time clicking back and forth going to different pages to expand their knowledge. "Whether online or not my mind now expects me to take in information the way the Net distributes it: in a swiftly moving stream of particles"

(Carr 7). This has affected us when it comes to reading a book or the newspaper. Our brains are constantly looking for more information and are not patient enough to read through a long article or book. The Internet has modeled our brains to act as a vacuum and suck up as much information as we can and then to move on.

Younger generations growing up with the Internet as part of their life are being affected the most. Today, very young kids have smart phones, which have Internet capability. This is proving to be a huge distraction for kids especially in the classroom. I know from personal experience that everyone texts in class. Phones are very distracting. Whenever I hear it vibrate I lose track of what I am supposed to be listening too and become concerned with who texted me. It has become impossible to ignore. If cell phones weren't distracting enough now we are in the age of smart phones, which are exponentially more distracting. My phone will ring when I get a notification on Facebook or if someone has played me back in the game Words With Friends. Once I hear it ring I have to read it or I will just be wondering what it was.

Concentrating has become almost impossible when doing homework because of the constant connection with people. Facebook is a constant distraction, especially to me. Whenever I find myself writing a paper or studying somehow I always find myself checking my Facebook to look at recent posts. The same thing happens in class, as soon as I start to get bored I take my phone out and log onto Facebook to entertain myself until class is over.

Even using the Internet in the classroom for work purposes can be distracting. The teacher is always at the front of the room and cannot see what you are doing so many students take that time to check Facebook, Twitter, or read blogs. The use of computers in lecture halls is also becoming a distraction even if it is not you who is using the computer. I have found myself plenty of time paying attention to the teacher and taking notes, and then I see someone in front of me watching a video or on Facebook. My attention is then diverted to the person in front of me. This is an example of how the Internet can be resourceful and also distracting in the classroom.

The Internet has also affected the way we interact with each other. Social Networking has grown tremendously in the past decade and only continues to expand. In this day and age it is so easy to reconnect with people from your past using social networks such as Facebook, MySpace and Twitter. It is not so much negative that we can keep in contact with people but more so that we have begun to only connect with people via Internet and technology. Our relationships have become less and less personal. People have stopped meeting or talking in person and begun communicating through text and social network sites.

The Internet and other technologies such as smart phones, computers and tablets have changed the way we live. However the influence on us has not been all positive. Constant Internet use has molded our brains to constantly crave new information and to jump around from site to site, in order to explore. New technologies are especially popular with the younger generations and have the most

negative affect on them. From texting in class to losing personal relationships, our excessive Internet use is harming us rather than helping us.