

## Make precis of the following passage

Banning cell phones in schools to minimize distractions is a justified measure, considering the significant impact mobile devices have on students' focus and academic performance. Cell phones can be substantial distractions, with constant notifications, social media, and games competing for students' attention. This can lead to decreased engagement, reduced productivity, and lower grades. By prohibiting cell phones, schools can promote a more conducive learning environment, encouraging students to focus on their studies and interact more meaningfully with teachers and peers. Additionally, excessive cell phone use has been linked to various mental health concerns, such as anxiety, depression, and decreased attention span. Implementing a ban can help mitigate these issues and foster healthier habits among students. While some argue that cell phones can be valuable educational tools, their potential benefits can be outweighed by the drawbacks of distraction and decreased academic focus. Schools can explore alternative ways to integrate technology, such as designated device-free periods or utilizing educational apps on school-provided devices, to strike a balance between technology use and academic focus. By banning cell phones, schools can help students develop essential skills like self-regulation, attention, and face-to-face communication, ultimately enhancing their overall educational experience. This step can lead to improved academic outcomes, better mental health, and increased student engagement.

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## Précis Writing

Title: Banning Cell Phones in School

Banning cell phones to lower distraction can be a valid move owing to its devastating repercussions on students. It has impacted academic performance, productivity, engagement with peers and mental health. However, for few, it has been a valuable tool, but its disadvantage and has outperformed their claims. In short, to ban cell phones will improve academic performances, better mental health, productivity and engagement with teachers and peers.