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5: Digital Distractions

- Ⓐ Excessive use of social media
- Ⓑ Impact of memes and reels
- Ⓒ Excessive use of AI decreases cognitive abilities.

In addition of unsuitable environment digital distractions plays a significant role in the failure of CSS examination. Excessive use of social media reduces brain ability to enter into a deep work state. The constant notification on phones divert students attention from study. Multitasking is a myth no human till date has ever able to do lots of work simultaneously, so checking ^{their} ~~phone~~ while ~~studying~~ studying reduce the retention powers of students & it become extremely hard for them to recall their topic during exam. Similarly the ~~impact~~ of memes and reels ~~on~~ greatly impact students routines. Sometimes the plan of students ~~are~~ ^{get} disturbed by scrolling just for 5 minutes, ~~they~~ ~~la~~

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i.e 5 minutes of Youtube or Instagram ends up in 5 hours, their whole day is wasted & time table is impacted at large which leads to delay of syllabus completion & panic in the exam. In the same way the excessive use of AI decreases the students cognitive abilities. Students get

dependent on AI for their work, & don't ~~use their~~ ^{do} critical thinking & ~~do~~ which leads to passive learning process, which inturn ~~make~~ make them blank in the exam hall. AI should be used properly

too much dependency drills the creativity of human brain, as by the saying of American computer scientist "AI is a brush ~~but still~~ & the human brain is the artist."

so it all depends on human how to use it in a right way. Summing up the arguments it is ~~very~~ obvious that digital distractions drains out students creativity & most importantly ~~they~~ leave them blank.

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