

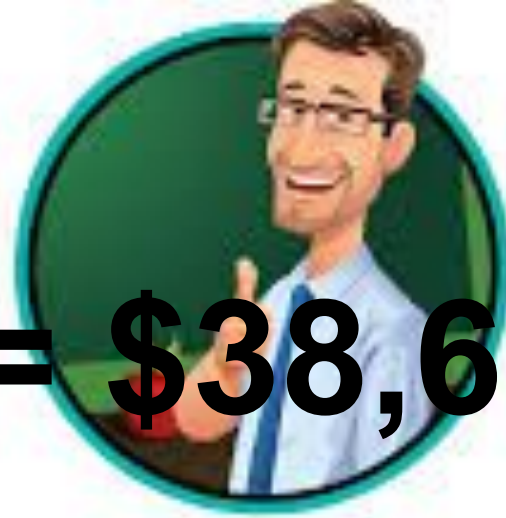
[Click here for a Warm-Up](#)

<http://bit.ly/ohioHSTW2018>

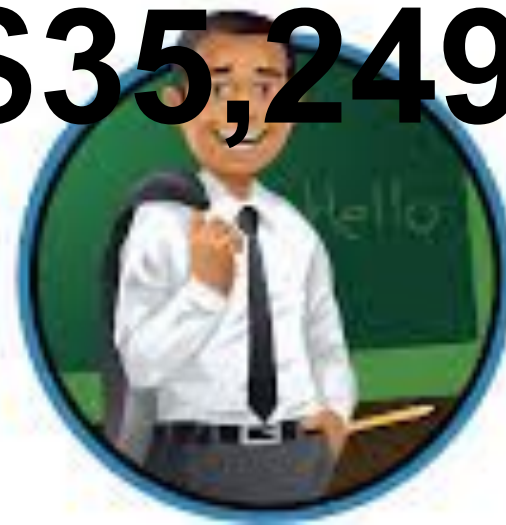
Are You Tech-ficient?

Dr. Michael Martin





National = \$38,617



Ohio - \$35,249

A photograph of college football players in white jerseys with red accents, celebrating on the field. Some players have their arms raised in the air. The background is a blurred crowd of spectators.

Alabama's Nick Saban = \$8.3 Million

Ohio State's Urban Meyer - \$7.6 Million

Michigan's Jim Harbaugh - \$7.504 Million

Texas A & M's Jimbo Fisher - \$7.5 Million

Auburn's Gus Malzahn - \$6.7 Million

The Perfect World!!!



#YouMatter

WORK



LIFE

Reasons for Being Tech-ficient...



Dear Amazon: You Know This, Right?

1 The average workweek in the US is nearly a whole work-day longer than 40 hours.

94% of professionals work **50 hours** or more



2 ***BUT*** that doesn't make us more productive.

55 hours

Cognitive functions are **worse** than at 40 hours



60 hours

Productivity boost lasts only **3-4 weeks**, then falls off



After **8 weeks**, productivity is **worse** than having worked a 40-hour schedule for that same period

3 At that point, even a vacation doesn't restore productivity.



HUMANITY WORKS

MERGING TECHNOLOGIES
AND PEOPLE FOR
THE WORKFORCE
OF THE FUTURE

ALEXANDRA LEVIT

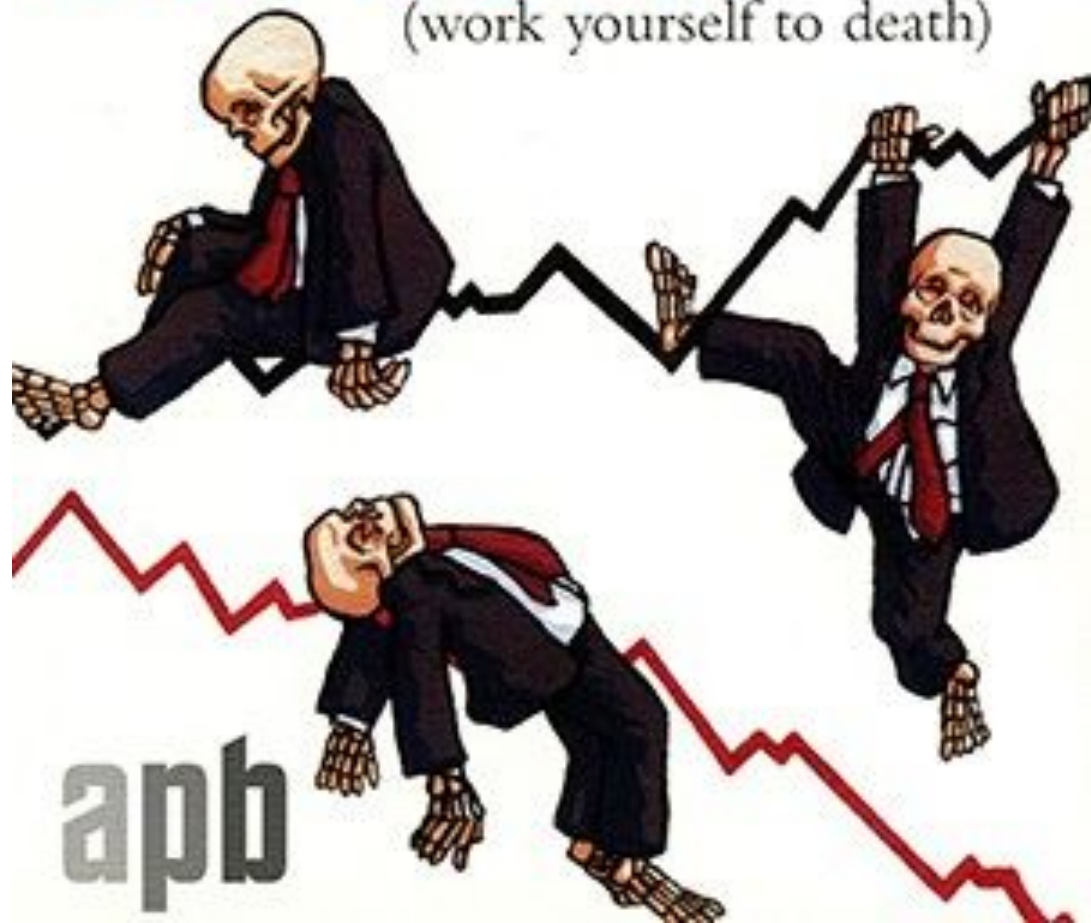


...
wor
and
rk

ies

karoshi

(work yourself to death)



apb

Right to Disconnect



FRENCH GOVT WORRIED
ABOUT STAFF BURNOUT



FEAR OF LOSING JOBS
AMID ECONOMIC CRISIS



SOURCE: TNN

France set to give workers a landmark law

WORK HOURS



MANY BRING WORK HOME



TOI

FOR MORE INFOGRAPHICS DOWNLOAD **TIMES OF INDIA APP**

Available on the
App Store

Google play

Windows
Phone



integration

work-life



DYSTOPIA

The pervasive, enduring, and widespread acknowledgment that man's most steadfast potential is the ability to completely screw everything up.

Millennials Desire Better Work-Life Balance



33%

say managing their work, family, and personal responsibilities has become more difficult in the past 5 years



75%

want the ability to work flexibly and still be on track for promotion



47%

say work hours have increased in the last 5 years

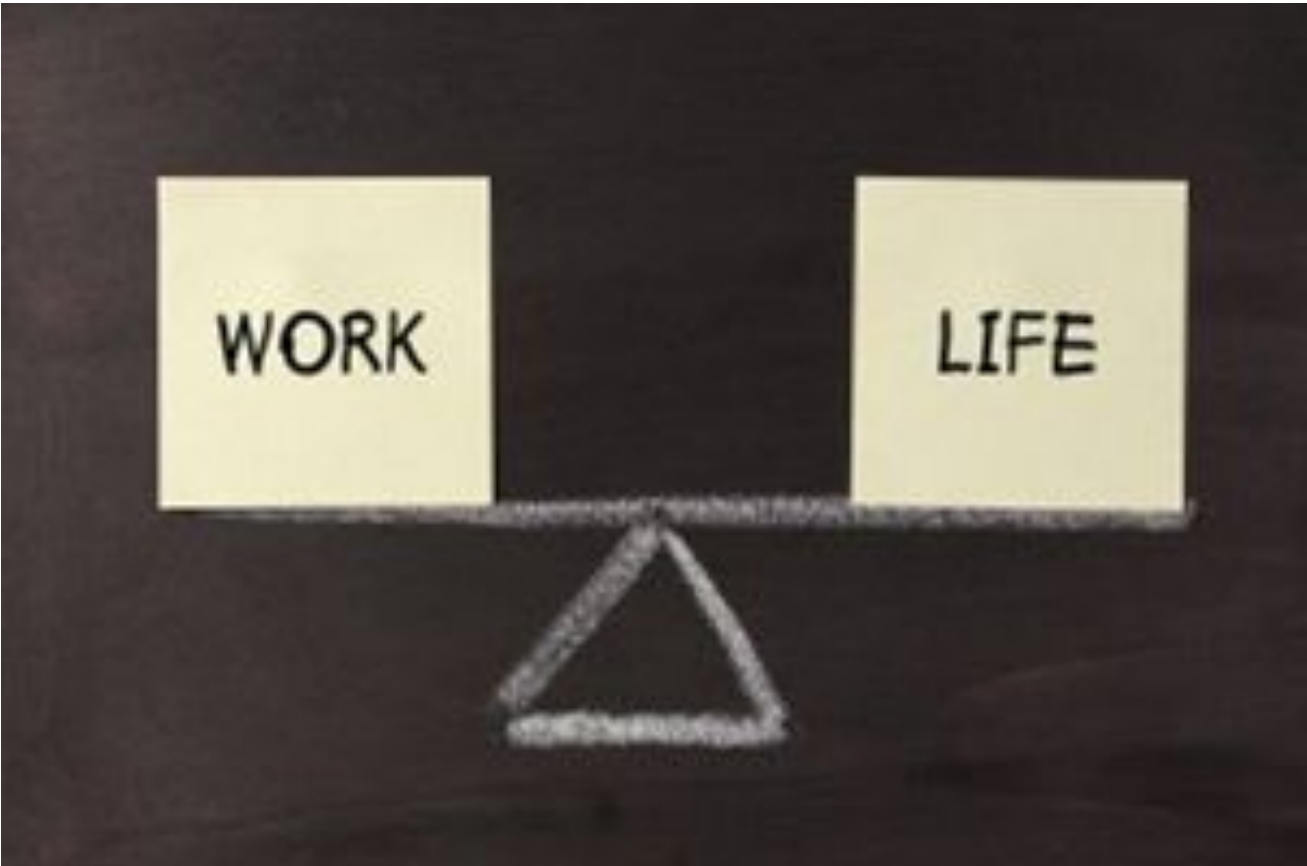


78%

are part of a dual-career couple, compared to 47% of boomers



Source: 2015 Survey from Ernst & Young, Work-Life Challenges Across Generations

A balance scale is drawn in white on a black background. The scale is perfectly balanced. On the left pan, there is a yellow sticky note with the word 'WORK' written in black capital letters. On the right pan, there is a yellow sticky note with the word 'LIFE' written in black capital letters. The fulcrum is a white triangle pointing upwards, centered under the horizontal beam of the scale.

WORK

LIFE

Technology Dichotomy



This isn't new...

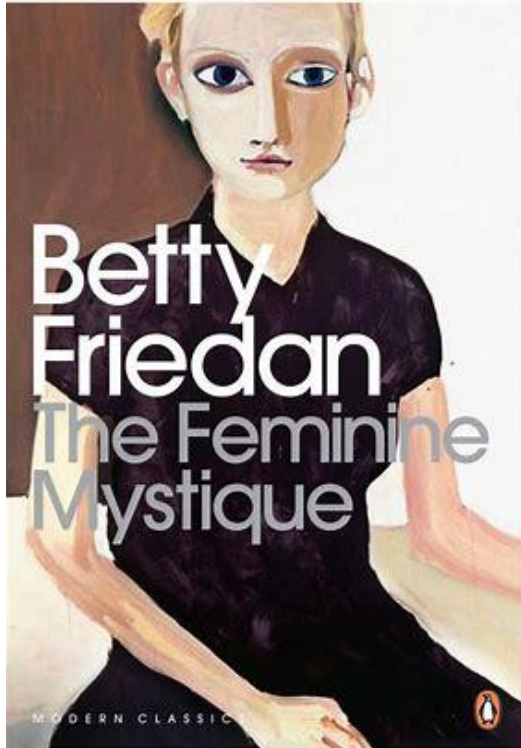


The Industrial Revolution, which propelled the 19th century's explosive economic growth, with the potential to limit the amount of work, had brought about the exact opposite effect.

An English farmer in the year 1300 had to work some 1,500 hours a year to make a living.

Factory workers had to put in twice the time simply to survive. In cities like Manchester, a 70-hour workweek – no vacations, no weekends – was the norm, even for children.

This isn't new...



Betty Friedan looked at what household technologies had done for women and concluded that they had just created *more* demands. “Even with all the new labor-saving appliances,” she wrote, “the modern American housewife probably spends more time on housework than her grandmother.”

<https://www.nytimes.com/2018/02/16/opinion/sunday/t-granny-convenience.html>

Modern Technology Dichotomy...



A study conducted at the Harvard Business School has shown that, thanks to modern technology, managers and professionals in Europe, Asia, and North America now spend 80–90 hours per week “either working, or ‘monitoring’ work and remaining accessible.” And according to British research, the smartphone has the average employee working 460 more hours per year – nearly three weeks.

What Are Some of Those Digital Tools?

Teachers

- 1) [Remote for Slides](#)
- 2) [ActivelyLearn](#)
 - a) Wizer.me & Insert Learning
- 3) [Video No.tes](#)
- 4) [Turbonote](#)
- 5) [Kaizena](#)
- 6) **Print Friendly & PDF**
- 7) **Mind Meister**
- 8) Google Calendar tricks
 - a) Hilight Mini calendar
 - b) Attachments
 - c) Other calendars

Administration

- 1) [Google Keep](#)
- 2) **Pocket**
- 3) **Gmail tricks**
 - a) Sortd
 - b) Boomerang
 - c) Pause
 - d) Tasks (Google Calendar)
- 4) Todoist
- 5) Stay Focused
- 6) **Zoom**
- 7) **Buffer**
- 8) [Rescue Time](#)
- 9) [Google Search tricks](#)



"NOTHING IS LESS PRODUCTIVE THAN
TO MAKE MORE EFFICIENT WHAT
SHOULD NOT BE DONE AT ALL."

— PETER DRUCKER

Need More of This??

- 1) Twitter = @drmdmartin
- 2) Follow me on LinkedIn - Michael Martin, Ed. D.
- 3) Blogs
 - a) <http://tech-ficient.strikingly.com/>
 - b) <https://breakthroughedublog.wordpress.com/>
 - c)
- 4) Buy my book!
 - a) [Blending Instruction with Technology: A blueprint for teachers to create unique, engaging, and effective learning experiences](#)