

COURSE OVERVIEW



Device Management

- ✓ Available in workbook
- ✓ Available in eLearning

ITEM #SCH 215



COURSE DESCRIPTION

The objective of this course is learning to use technology intentionally so it supports the life you WANT rather than quietly taking control of your time, attention, and choices. This course helps students develop greater self-awareness and self-management in their use of digital devices. Through reflection, skill-building, and practical strategies, students will identify unhelpful technology habits, replace them with healthier behaviors, and learn to use technology in ways that support their values, goals, relationships, and overall well-being.



LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Opportunity and growth
- Personal responsibility
- Positive subconscious thoughts
- Pro-social values
- Self-Awareness



RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a coach or mentor.
- **Group**—To be completed in a group format with a facilitator.
- **Hybrid**—A combination of self directed learning and group instruction.



COURSE INFORMATION

Author and Publisher: ACCI Lifeskills
 Course Format: eLearning and Printed Workbook
 Item Number: SCH 215
 eLearning Length: 224 Slides
 Scientific Model: Cognitive Restructuring



COURSE CONTENT

Unit 1: Who's In Control?

Technology is a great servant but a poor master.

Unit 2: Device Habits

Repeated patterns of triggers, thoughts, choices, and rewards.

Unit 3: Digital Responsibility

Devices are a tool and a resource, we are not entitled to them.

Unit 4: Building a Healthy Digital Life

A device management plan for every day.



CRIMINOGENIC NEEDS MET

Antisocial cognitions
 Antisocial companions
 Antisocial personalities
 Family relationships
 Addiction



LEARNING ACTIVITIES

- Self-assessments
- Scenario-based learning
- Journaling
- Application and skill building