

Stanford University  
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Stanford, CA 94305

3/22/18

Dear Reader:

My name is Christopher Smith. I am a psychologist currently working in Stanford University with a PhD in psychology. For a long time, I've been focusing on the addiction of phones. I want to spread the reason why using phones for a seemingly endless amount of time, can result in many negative effects. I have made this website to inform all the students of Stanford that life doesn't depend on your phones. I have conducted an interview with a retired counselor who has had many experiences with phone addicts. I have 20 terms that is related to phone addiction into a glossary. I also researched 3 ways to stop phone addiction. I have made a PSA and a quiz too.

My interviewee is a retired counselor named, Ms. Melanie Hale, who has helped many teenagers with phone addiction. Through my interview, I have figured out 3 simple ways that actually stop phone addiction. Throughout my research, I found 20 words that are related to the addiction of phones. I have made tons of copies of a public service announcement and published it on my website to inform all the students of Stanford about this. Lastly, I have made a quiz

When I first started working in Stanford University, I see many many students with their heads down, using their phones. As a psychologist, I felt like I should know what is being controlled in the brain that makes these student so hooked up on their phones. I really find it challenging to figure out how this addiction processes into the brain to make it addicting. I want to help spread the reason why using your phones too much can result in many bad things with this website.

Sincerely,

*Christopher Smith*