Why Students Should Limit Smartphone Use

Smartphones have become an essential tool in modern education. However, in my opinion, excessive smartphone usage brings more harm than good to teenagers.

Firstly, smartphones cause severe distractions during study hours. When students check social media notifications, their focus is instantly broken. This is because notifications trigger a desire to check updates continuously. Moreover, late-night smartphone scrolling leads to a lack of sleep; consequently, it results in poor academic performance the next day.

In conclusion, it is believed that monitoring digital habits is crucial for academic success. Therefore, students must manage their screen time wisely.

LIVEWORKSHEETS