

For each quote from an expert, provide two kinds of information: the opinion of the author that the quote supports, and how the quote strengthens the author's argument.

1. David Greenfield, PhD (*paragraphs 12–13*):

"Smartphones, of course, allow us to seek rewards (including videos, Twitter feeds, and news updates, in addition to e-mail) anytime and anywhere. Is such behavior unhealthy?

'That really depends on whether it's disrupting your work or family life,' Greenfield says."

Author's opinion that the underlined part of the quote supports: _____

How the quote strengthens the author's argument: _____

2. The journal, *Personal and Ubiquitous Computing* (*paragraph 17*):

"According to a 2011 study published in the journal *Personal and Ubiquitous Computing*, people aren't addicted to smartphones themselves as much as they are addicted to 'checking habits' that develop with phone use—including repeatedly (and very quickly) checking for news updates, e-mails, or social media connections."

Author's opinion that the quote supports: _____

How the quote strengthens the author's argument: _____

3. Nicholas Carr (*paragraph 21*):

"By design," he says, "it's an environment of almost constant interruptions and distractions. The smartphone, more than any other gadget, steals from us the opportunity to maintain our attention, to engage in contemplation and reflection, or even to be alone with our thoughts."

Author's opinion that the quote supports: _____

How the quote strengthens the author's argument: _____

4. Leslie Perlow, PhD (*paragraphs 27–28*):

"As described in her book, *Sleeping with Your Smartphone*, the (experiment) group found that taking regular 'predictable time off' (PTO) from their PDAs resulted in increased efficiency and collaboration, heightened job satisfaction, and better work-life balance.

Four years after her initial experiment, Perlow reports, 86% of the consulting staff in the firm's Northeast offices—including Boston, New York, and Washington, D.C.—were on teams engaged in similar PTO experiments."

Author's opinion that the quote supports: _____