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# Nomophobia

## TECHNOLOGY AT WORK

How people felt when they misplaced their cellphones.



73% Panicked



14 % Desperate



7% Sick

### Nomophobia

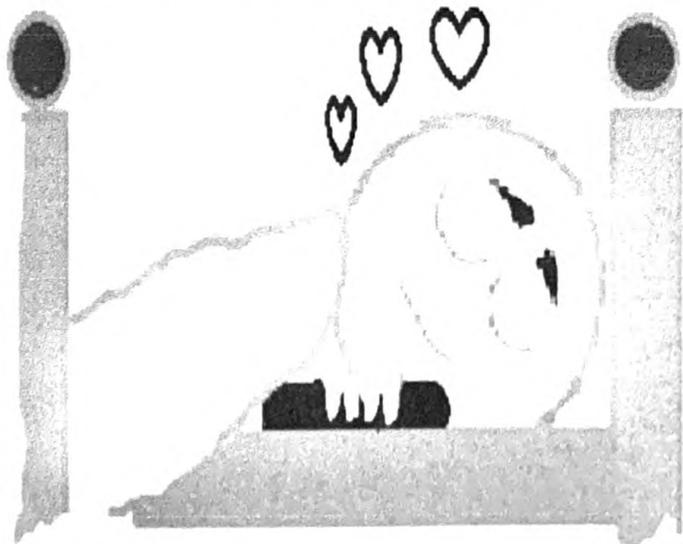
**Nomophobia** means the fear of being without a mobile device, or beyond mobile phone contact. The term came from the abbreviation for “**no-mobile-phone phobia**.” Many psychologists believe this phobia is a growing problem in most societies, especially in the U.S.

Answer each question:

1) Do you think most people are addicted to their smartphones?

2) What problems do you think may occur in the workplace because of people's attachment to their smartphones?

83% of young adults sleep with their cellphone or smartphones.



Sources: Pew Research Center's Internet & American Life Project Poll, April, 2011; Pew Research Social and Demographic trends; "Always Connected: How Smartphones and Social Keep Us Engaged" an IDC study sponsored by Facebook

# Technology at Work



## Smartphone Etiquette

Answer each question with a complete sentence on a separate piece of paper.

1. What may be a consequence of bad manners at work?
2. What do all places of work have?
3. What is etiquette?
4. What is success at work determined by?
5. What has the introduction of new technologies led to the importance of?
6. At work, in the last decade, what has there been a large rise in?

It has been said, "*that good manners will open doors, while bad manners will get you fired.*" This is the reality of the workplace. All places of work have an established etiquette that employees are expected to follow. **Etiquette** is defined as a set of manners and rules. Success in the workplace is determined by how well you are able to follow their etiquette.

The introduction of many new technologies into society has led to new workplace etiquette. This etiquette is focused on the proper use of newer technologies such as email, smartphones, and the internet. A lack of knowledge and understanding by some employees of technology etiquette has caused serious problems for them at work. In the last decade, there has been a large rise in the number of people being disciplined and fired as a result of the improper use of technology. Therefore, it is important to make sure you understand what is considered the proper use of technology in the workplaces. Your success at work will depend on it.

**ASSESSMENT**  
**Technology at Work**  
**Smartphone Etiquette**

Name \_\_\_\_\_

Per. \_\_\_\_\_ Date: \_\_\_\_\_

**Select the best answer:**

**1. All places of work have**

- a. free coffee.
- b. an established work etiquette.
- c. break rooms.
- d. All of the above.

**2. Success at work is determined by**

- a. your looks.
- b. how cool you are.
- c. how well you are able to follow the workplace etiquette.
- d. how well you follow peer pressure.

**3. The introduction of technology has led to the importance of employees**

- a. being tech geniuses..
- b. understanding the correct etiquette with using technology.
- c. learning all computer programs.
- d. having their own smartphone.

**4. Studies have shown when smartphones are taken away from people, most people**

- a. have separation anxiety.
- b. can live without their phone.
- c. lose their attachment to it.
- d. None of the above.

**5. The average number of texts per month sent by young adults are about**

- a. 500
- b. 1000
- c. 1500
- d. 2000

**6. The first thing you should do before entering work is**

- a. turn your smartphone phone down a little.
- b. silence it.
- c. change to ringtone to something smooth.
- d. None of the above.

**7. During work hours you shouldn't**

- a. send texts.
- b. answer your phone.
- c. read texts.
- d. All of the Above.

**8. To minimize problems, let your friends and family know you \_\_\_\_\_ at work.**

- a. will answer all calls.
- b. can only read texts and not answer calls.
- c. follow technology etiquette.
- d. will answer their texts in the bathroom.

**9. You are allowed to take pictures at work**

- a. during your break.
- b. When you see something funny or interesting.
- c. only when you have permission from the boss and people you are taking a picture of.
- d. never.

**10. You are allowed to answer your phone at work**

- a. when you think it may be important.
- b. when nobody is looking.
- c. when work is slow.
- d. when you have gained permission for the boss.

## True or False

11. \_\_\_\_\_ In the last decade, there has been a large rise in the number people being disciplined and even fired due to improper use of technology at work.
12. \_\_\_\_\_ Most workplaces don't have smartphone etiquette.
13. \_\_\_\_\_ Because of a strong attachment and emotion to our phones, it is wise to take certain precautions with them at work.
14. \_\_\_\_\_ If you are tempted to use your smartphone, it is recommended that you keep your phone locked in your car or in a work locker,
15. \_\_\_\_\_ It is O.K. to check the time on your cellphone at work.
16. \_\_\_\_\_ In case of emergency, give family and friends your work number in which they can reach you if they really need to.
17. \_\_\_\_\_ If you have been given permission to answer a very important phone call, make sure to answer the call away from customers and other employees.

## **Answer each question below:**

**18. *What does technology etiquette mean?***

**19. *In your own words, explain why it is important to follow smartphone etiquette in the work place.***