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Pediatric Occupational Therapist Cris Rowan presented  
“**Mixed Signals**” workshop on Jan 28, 2011  
for professionals in Kamloops, BC

*What did the participants have to say?* (40 responses)

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	60%	37.5%	2.5%		
The workshop was well organized	75%	25%			
The workshop was just the right length	45%	20%	25%	7.5%	2.5%
The instructor was well informed	95%	5%			
The workshop materials were useful	80%	20%			
The workshop objectives were achieved	77.5%	22.5%			

What was the most valuable thing you learned in the workshop?

- Children are lonely and subsequently attaching to devices.
- How the use of technology affects physical and mental health.
- Development effects (from use of) technology.
- The connection between core movement and literacy. The idea that technology = restraints.
- The effects of technology.
- The harsh realities of technology and TV time.
- Information laid out on video screen – able to take away also.
- To share this information with everyone I know.
- Movement = learning and what kind of movement is beneficial.
- (I am) interested in adult addiction to technology.
- Updated information on the topic (of technology).
- Reality check.
- The drop in empathy, the amount of parents that are addicted, the percentage of drugs being used.
- Like the statistics. They will be helpful information for my parents.
- Is it “evidence based”? Being aware of the facts.
- Would like more about what to do in daycare centre. Need a smaller version to use to present to parents.

- AWARENESS!!
- Everything was valuable. Having the brain development information is valuable.
- Impact of technology on families, health, society.
- The effect of technology on children's brain development. I like the idea of adding this material as part of our intake and assessment.
- The research statistics. The information is closely related in some areas to Lt. Col. Dave Grossman's teaching on "Killology". Very similar to and effects on young people.
- Learn to say no.
- Frontal cortex not developing in high tech kids, also the percentage of delays, obesity, etc. from techy children.
- Strategies to disconnect youth from technology.
- Thank you for the evidence-based information.
- Too many items to name. How technology affects the brain physiologically.
- I want to be involved on a BTM Team. I'm a family counselor.
- Cris Rowan has pulled together research from all stakeholder populations and subject areas.
- The parts of the brain that are affected.
- Information to provide to parents and strategies to implement in my classroom.
- Balance. "Show me the evidence."
- Oh boy, so much. Balance is important.
- New DSM-5 Dx Internet Addiction. I didn't know about this. (I see kids @CYMH who fit this.)
- I liked hearing about the studies involving child development and technology.
- Balance.
- Confirmed how I feel about technology in the classroom is right!

Was there anything not covered in the workshop that you felt should have been?

- I would have liked to see impacts on older children as well into adolescence.
- No.
- How did this happen to our society??
- No. Great presentation.
- I'll think of something later
- More information on what activities we can do.
- Steps to take next.
- No.
- No. I found the workshop comprehensive. Might be nice for parents to have more information on building attachment. I have a specialty in that area so didn't need more information personally.

- I liked the balance of information. Research based/video/attachment theory.
- No.
- No.
- No.
- Would like more information on technology's effect on the brain and physical (?) for anger and aggression management.
- More research and support for teachers.
- No.
- No.
- Unknown – last part of section due to time constraint.
- Materials at the end of handout were not discussed.
- More time for strategies.
- Zone'in concept not covered during this time.
- More about products available.

How could this workshop have been better or more helpful?

- More time. Could have been all day.
- I'd love for you to come to my Strongstart Program.
- How do we encourage parents to turn off phones and texting?
- Venue. No natural light in the room. Sensitive to overhead lights (makes me tired).
- Maybe too short for bulk of information.
- More time.
- Not so rushed. More time.
- Needed more time.
- Length of time. More time for questions.
- More interactive. Longer workshop with a couple of breaks.
- Too short.
- Nothing at this time.
- No.
- No changes. Maybe longer.
- Question period.
- Slower pace—perhaps a longer day to cover all of the information.
- Probably longer. Hopefully, teachers and SD administrators are exposed to all of this information.
- Was great just as it was.
- Covered more than I expected.
- Would have liked it to be a full day.
- More strategies? Information on how we get schools to try to eliminate some of the technologies.
- Full day. More handout information.
- It was fabulous!
- It was super.

- Longer time.
- Another hour?
- I would have liked to hear more about how to balance technology use and other ways to support learning with less technology.
- Four hours would have been perfect.
- More group discussions.

Would you recommend this workshop to others? If not, why not?

- Yes.
- Yes.
- Yes.
- Yes.
- Yes, especially new mothers.
- Yes!!!!
- Yes.
- Yes. Thanks great presentation.
- Yes.
- Yes,
- Yes!
- Yes. You lost me at printing—I don't agree!! The issue may be writing in intermediate.
- Yes, absolutely.
- Yes.
- Yes.
- Yes.
- Yes.
- Yes.
- Yes!!
- Absolutely. Every parent should have this information as early as possible.
- Absolutely. Good information for parents, teachers, ECE, family support workers, etc.
- Absolutely. It should be taught to anyone who interacts with kids. How to do that, not sure??
- Yes.
- Yes.
- Yes.
- Yes, to anyone with youth.
- Absolutely.
- Yes! Thank you.
- Anymore, anytime!
- Absolutely.
- Yes!!
- Yes.

- Yes.
- Yes.
- I don't know. It was very interesting and I think others should hear it but it was also a little too repetitive and I had trouble keeping focus.
- Yes, very informative.
- Yes.
- Definitely – the school system could spend less money on technology and more money on teachers.

Any other comments?

- Would go all day.
- Best workshop I have been to in 2 years!
- Would have liked to see workshop done without a slideshow.
- WONDERFUL!
- Lots of good information. Very transferable to working with families.
- Very informative and kept my attention.
- Did not agree with teachers not teaching printing. I have taught 33 years in 6 schools. In primary (all schools) we taught/teach printing for about 45 minutes per day!!!
- Excellent presentation and it kept my attention!
- Need entire day. Discussions around presenting to clients.
- Very good. Great advocate for human to human (interaction).
- Loved the use of a variety of medias to cover the topic, e.g., handouts, video clips and power point.
- Very thought provoking!
- Thank you so much for coming in your current family crisis. I hope your son is better ☺
- Thank you for not being “skimpy” on the handouts!
- Would like to see your workshops mandatory in the schools.
- Excellent workshop.
- I am an SLP working with preschool children and see families and many, many parents that are subject to technology and who needed to unplug years ago. They are often not connected to their children and seem to view them as an experiment or “movie plot” to discuss, without actually picking up the kids and getting down on the floor to talk to them.
- Loved the reference to the evidenced-based research. Solid information.
- This is the piece I've been looking for to prove technology's effect on the brain and personality of a child.
- Could we please be in contact? Tacey Ruffner em: [tacey\\_ruffner@yahoo.com](mailto:tacey_ruffner@yahoo.com) tel. 250-320-8707
- How do we get this information into our schools?
- Wonderful complete information. Lots of ideas for my classroom. My school and personal use. Thanks so much.
- Needed more time.
- Thanks, it was great!

- Thanks 😊

Analysis: Generally well received.