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Pediatric Occupational Therapist Cris Rowan presented
“Mixed Signals” workshop on May 1, 2009
for teachers and OT’s in Qualicum Beach, BC

What did the participants have to say?

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The workshop objectives were clearly stated	68%	32%			
The workshop was well organized	72%	28%			
The workshop was just the right length	28%	36%	12%	24%	
The instructor was well informed	92%	8%			
The workshop materials were useful	72%	28%			
The workshop objectives were achieved	60%	40%			

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

- That my school is doing the right thing by banning personal electronic devices on campus and are wise to be using a proxy server.
- Reaffirmed my thoughts about media violence.
- It was quite depressing—but hopefully school boards, teachers, health professionals, etc. will get some legislation in place. If today’s children are our future...we could be in BIG trouble!
- Finding out the prevalence of early technology access.
- Where to find more information to back up a ‘hunch’ I’ve always had.
- References and confirmation of my hunches that too much technology isn’t helpful (to anyone). Fantastic workshop. Thanks.
- Statistics.
- More knowledge and a better understanding of the effects of media technology.
- I was not aware of the extent of the impact technology has on physical, intellectual and emotional well being.
- How young children are that are exposed to technology and for how much time per day. Statistics were very good.
- Current awareness of the effects of technology at school and at home. Reminder that “moderation” and alterations are huge points to keep in mind. Frequency/Intensity/Duration.
- Expanded my knowledge and awareness of these issues.
- Technology can be overused and cause irreversible damage.

What was the most valuable thing you learned in the workshop? (cont.)

- The workshop reaffirmed my feelings about stimulation from technology—read a book, walk and play with others!
- Would have loved to have seen you a full day!!!
- Common sense things to do.
- Reinforced that technology is too overused.
- A confirmation of my beliefs about screen time and development.
- To think about how technology affects us.
- Eye opener on technology affecting learning.
- Balancing your family lives in a positive way.
- It would have been good to have some discussion with colleagues about what we are doing.

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

- Full day workshop would be best—include discussion with colleagues.
- Topics had to go quickly because of the time—too bad.
- What portion of the day should have technology.
- No, it worked well.
- How can we, as teachers, make a difference? One class at a time seems like spooning water out of the ocean.

How could this workshop have been better or more helpful?

- Perhaps it could have defined cyber-bullying.
- The speaker was very knowledgeable. Could have been better if presented as a full day.

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

- Yes, perhaps a parents group—it is so critical for them to realize what is happening for their kids.
- Yes
- Yes
- Yes
- Yes
- Yes!
- Yes.
- Yes, we need to get these stats out! Every PAC group/school, parents must see this!
- Yes, important for parents to understand the effects of media on children.

Any other comments?

- Great job! I hope it's not all doom and gloom!
- Did the research that found violent video games caused aggressive activity account for the fact that aggressive children would be attracted to violent video games?
- More discussion and question/answer time would have been helpful.
- Great content.
- Thank you!