

I Banned Cell Phones In My Class: What Happened Next

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UNC-Chapel Hill Professor Howard Aldrich said focus and grades improved once cell phones were out of the picture...and students engaged with one another more.

Schools everywhere are talking about banning cell phones in the classroom to eliminate a major distraction that inhibits learning. In this interview with Kimberly Eddleston, Senior Editor of EIX and FamilyBusiness.org, University of North Carolina - Chapel Hill Professor Howard Aldrich talks about why he took the plunge, and what happened afterwards.

Aldrich remembers when students actually talked with one another before class, which led to greater camaraderie and lasting friendships. But once cell phones entered the picture, he saw students mesmerized by their screens and ignoring one another. Learning also suffered -- not only for the people looking at their phones during class but also for students nearby who were distracted by their classmates' glowing screens.

Once he started requiring that phones be turned off during class to create a "completely closed, learning-focused environment," Aldrich said his students were actually relieved, especially once he explained the benefits. Grades improved, and he began seeing more social interaction when class is not in full swing. Students retained more information because they took notes by hand, which increased mindfulness.

In this video Aldrich shares inspiration for educators considering banning phone use.

[Link to video](#)

