

Oxford University Counselling Service

Reducing Digital Distraction (ReDD) Workshops

with Ulrik Lyngs, Dept of Computer Science

Selection of dates/times in Michaelmas Term, weeks 3 & 4. In-person or via Zoom.

Smartphones, computers, and tablets are powerful and essential tools for us to study, socialise, and connect to the outside world. But they can also be a source of endless distraction that undermine our capacity to focus and lead to long stretches of unproductive or unrewarding time.

If you want to take back control, this workshop can help! You will be supported to: reflect on your relationship with digital devices; identify the role you want them to play in your life; and get support to make real, practical changes.

This workshop is relevant for all students, undergraduates and graduates.

To check available dates/times, and to book:

- **Zoom** workshop: is.gd/reddZoom
- **In-person** workshop: is.gd/reddIRL

Feedback from past participants:

"This workshop was absolutely fantastic and I'd recommend it for anyone"

"Very relevant and applicable.... super useful"

"Brilliant workshop, really well-explained and helpful"

"This was great, a really helpful practical session with actionable advice!"

