

BRIEF INTERVENTION COURSE (BIC 329)

Device Management

COURSE DESCRIPTION

"How do I control my device use?" The *Device Management* brief intervention course is created to help students learn to use technology intentionally so it supports the life they WANT rather than quietly taking control of their time, attention, and choices. This course focuses on habits, choices, boundaries, and self-control. It teaches students practical strategies for managing when, where, why, and how they use technology.

LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Recognizing device habits and triggers
- Notifications and interruptions
- Awareness and repetition
- Building a healthy digital life
- Managing social media and gaming
- Using school devices appropriately

RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a coach or mentor.
- **Group**—To be completed at school in a group format with a facilitator.
- **Hybrid**—A combination of self directed learning and group instruction.
- **Live Instruction**—Facilitator led digital curriculum, suitable for both in class or virtual.

COURSE INFORMATION

Author and Publisher: ACCI Lifeskills
Course Format: eLearning
Item Number: BIC 329
eLearning Length: 88 Slides
Scientific Model: Cognitive Restructuring

STANDARDS MET

MTSS Tier 2

PBIS

Restorative Practices

Evidence-based Practices

eLEARNING ACTIVITIES

- Narration
- Story Telling
- Animation
- Gamification
- Animated Thoughts
- Self Assessments
- Interactive Images

PURCHASE OPTIONS

- License to reprint
- Purchase individual courses
- Parent Enrollment
- Customized eLearning platform
- School Referral

Take Control of Technology