

JOMO: JOY OF MISSING OUT

Villanovans Connecting Off Line

WHAT IS IT?

The Joy of Missing Out (JOMO): Villanovans Connecting Off Line initiative directly responds to these national and campus data and expresses the need for student communication skill development from faculty and staff and expresses student desire to become less dependent on their phones. This initiative will give students multiple strategies for integrating tech breaks into their daily activities during mealtimes (tech break boxes in the dining halls), during class and study times (cell phone sleeping bags), and in relationship to their other personal and academic goals (student-led workshop on technology's impact on their goals).

HOW IT WORKS

Research demonstrates that putting cell phones out of sight significantly reduces the disruptive impact that simply having our phones nearby can have on our ability to focus and be present with one another. It is not enough to simply turn our cell phones face down – if it is still within sight, it can still be a significant distraction. Additionally, putting our cell phones out of sight during our social interactions can also increase experiences of empathy and fulfillment in our communication with others. Lastly, research also demonstrates the impact the technology use can have on sleep quantity and quality, which can compound the negatives effects of technology on one's energy, focus and well-being.

WHY JOMO?

- **More than 85%** of undergraduate students report experiencing nervousness, anxiety and feeling on edge in the past two weeks
- **More than 65%** of undergraduate students report not being able to stop or control worrying in the past two weeks
- **Nearly 50%** of undergraduate students report little interest or pleasure in doing things; feeling down, depressed, and helpless in the past two weeks

Student Health and Well-Being Survey, 2023



EXPERIENCE JOMO

Tech Break Boxes can be found on South Campus in Donahue Dining Hall, in Falvey Holy Grounds, and in various locations around campus.

Cell phone sleeping bags and conversation cards can be found around campus.

Want a Tech Break Box for your meeting or class? Looking for conversation cards or a cell phone sleeping bag? Email healthbytes@villanova.edu.

JOMO IS BROUGHT TO YOU BY

The Office of Health
Promotion
&
Learning Support Services

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HOW TO JOMO

1. Place your phone in the Tech Break Box.
2. Remove the deck of conversation cards.
3. Each person picks one card and asks the question. Take turns answering.
4. Enjoy being unplugged and connecting with each other.

WHY JOMO?

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- Putting our cell phones out of sight during our social interactions can also increase experiences of empathy and fulfillment in our communication with others.
- Research also demonstrates the impact technology use can have on sleep quantity and quality, which can compound the negative effects of technology on one's energy, focus, and well-being.

EXPERIENCE JOMO

Tech Break Boxes can be found on South Campus in Donahue Dining Hall, Falvey Holy Grounds, and in various Student Life and academic support service departments.

Conversation card decks will be refreshed throughout the year.

Want a Tech Break Box for your meeting or class? Looking for conversation cards? e-mail healthbytes@villanova.edu