

# “Research in Action” Podcast Instructor Guide

Use the following episode description, learning objectives, guiding questions and activity suggestions to more easily include “Research in Action” podcast episodes as a supplemental resource for your course.

# Dr. Larry Rosen on Technology and the Brain [00:00-37:11]

Research in Action - Episode 170

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## Podcast and Episode Information

“Research in Action” is a weekly podcast about topics and issues related to research in higher education featuring experts across a range of disciplines.

On this episode of the podcast, the guest is Dr. Larry Rosen, Professor Emeritus and past chair of the psychology department at California State University, Dominguez Hills. He is a research psychologist recognized as an international expert in the "Psychology of Technology." Over the past 30-plus years, Dr. Rosen and his colleagues have examined reactions to technology among more than 100,000 people in the United States and in 22 other countries. His latest book, *The Distracted Mind: Ancient Brains in a High-Tech World* (MIT Press, 2016), won the PROSE Award for neuroscience. Dr. Rosen has been featured extensively in television, print, and radio media and has been a commentator on 60 Minutes, The Daily Show, Good Morning America, NPR, and CNN. Dr. Rosen has four children including one in the iGeneration, one in the Net Generation and two in Generation X and four grandchildren to watch growing up with technology. For fun he creates works of art from old computer technology, clocks and early rock and roll music. In his free time he enjoys reading international intrigue novels, fiddling with his newest geek toy, going to independent films, and trying to find ways to keep his Humanware safe from the technology vying for his attention. His website is [DrLarryRosen.com](http://DrLarryRosen.com)

*Segment One* [00:00-18:53] - In this segment, Larry describes some of his research on the effect of technology on the brain.

*Segment Two* [18:54-37:11] - In this segment, Larry shares about his research study on multitasking in the classroom.

Show notes and a transcript for this episode can be found at:

<http://ecampus.oregonstate.edu/research/podcast/e170/>

## Learning Outcomes

By listening to this episode, students will be able to:

- Define “techno-stress”
- Describe challenges in research on technology and the brain
- Discuss multitasking as it relates to the use of technology

## Guiding Questions for Listening

- What does Dr. Rosen share led him to begin researching technology and the brain?
- How does Dr. Rosen define the term “techno-stress”?
- What are some of the research areas Dr. Rosen is exploring with regard to technology and the brain?
- What does Dr. Rosen share have been some of the challenges he has encountered in researching technology and the brain?
- How does Dr. Rosen explain the concept of multitasking as it relates to the use of technology?
- According to Dr. Rosen, how has incorporating “technology breaks” in his classroom been effective?
- What suggestions does Dr. Rosen offer for managing the use of technology?

## Possible Activities

- Ask students to visit the show notes for this episode (<http://ecampus.oregonstate.edu/research/podcast/e170/>) and look at an additional resource that is linked in connection with this episode. Students can write a short review of that resource to share with their peers.
- Ask students to visit the show notes for this episode (<http://ecampus.oregonstate.edu/research/podcast/e170/>) and post an additional resource connected to the content of the episode in the comments section.
- Have students share questions that are raised for them based on the content of this episode. What would they ask Dr. Larry Rosen if they could?

## Suggested Citation (APA, 6th edition)

Linder, K. (Producer/host). (2019, September 9). *Dr. Larry Rosen on technology and the brain* [Audio podcast]. Retrieved from <http://ecampus.oregonstate.edu/research/podcast/e170/>

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## Notes

## About the Research in Action Podcast

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“Research in Action” (RIA) is a podcast about topics and issues related to research in higher education featuring experts across a range of disciplines. Episodes are posted weekly and include guest interviews and occasional solo episodes. Guests are from a range of higher education institutions and share their expertise on qualitative, quantitative and mixed methods as well as their personal experiences as researchers, research and writing practices, organizational and productivity strategies, and much more. Some weeks, bonus content will also be posted.

“Research in Action” is hosted by [Dr. Katie Linder](#), research director for Oregon State University Ecampus.

Visit the podcast website to view [show notes and transcripts for each episode](#), explore our [episode guide](#), learn more about how to [contact us](#), or [suggest a future guest or topic](#).

You may subscribe to the [“Research in Action” RSS feed](#) or access the podcast via [iTunes](#), [Soundcloud](#) or [Stitcher](#).

“Research in Action” is also listed on [MERLOT](#).

The “Research in Action” podcast is a resource funded by Oregon State University Ecampus, the university’s top-ranked online education provider.

## Contact

Katie Linder, Ph.D.  
Director of Research  
Oregon State Ecampus  
541-737-4629  
[kathryn.linder@oregonstate.edu](mailto:kathryn.linder@oregonstate.edu)

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