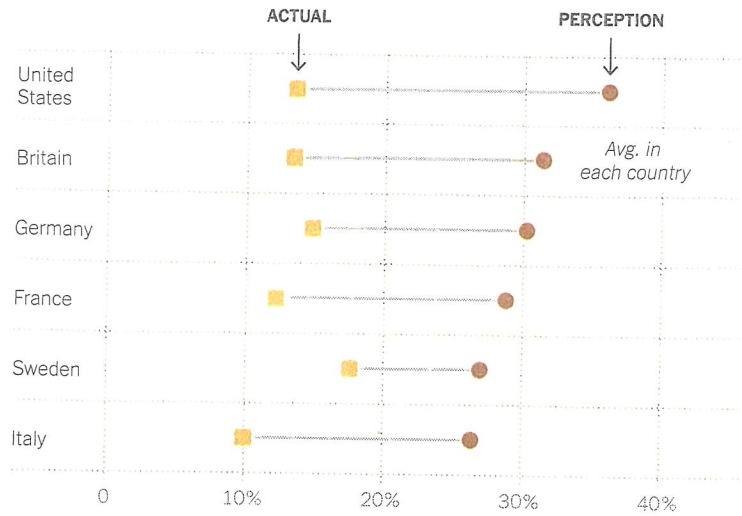
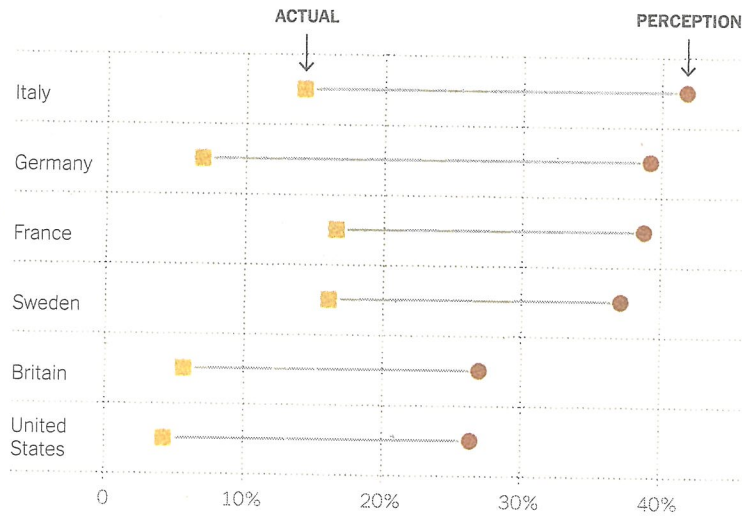


Migrants Are on the Rise Around the World, And Myths About Them Are Shaping Attitudes

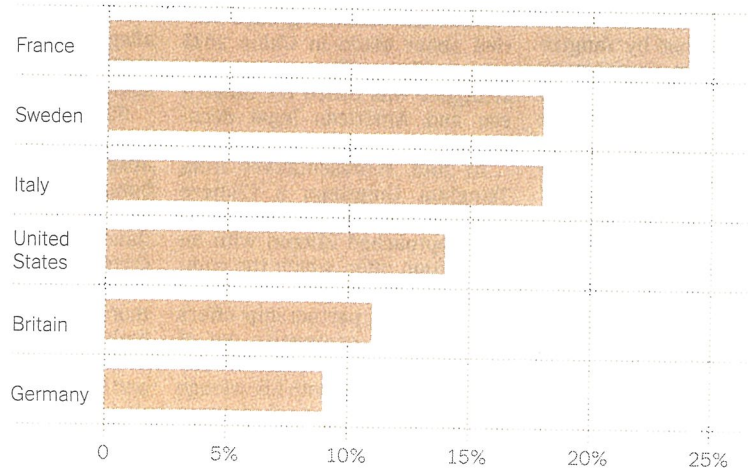
Share of population who are immigrants



Share of immigrants who are unemployed



Share of respondents who think the average immigrant gets twice as much government aid as natives do



Note: For the United States, the number of actual immigrants includes estimates of the illegal immigrant population | Source: "Immigration and Redistribution," 2018. Alberto Alesina, Armando Miano and Stefanie Stantcheva (Harvard University)

Higher Education

In Their Own Words

Conference participants on what they think is the biggest challenge for colleges and universities.



MIKE COHEN FOR THE NEW YORK TIMES

Participants on the first day of the Higher Ed Leaders Forum last Wednesday at TheTimesCenter in New York.

Jean M. Twenge

Professor of psychology, San Diego State University; author of “iGen: Why Today’s Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy — and Completely Unprepared for Adulthood”

Not that long ago, the biggest distractions for college students were alcohol, sex, and parties. Now, there’s another reason they aren’t reading their textbooks and aren’t paying attention in class: the siren song of the smartphone. Traditional-age college students are now iGen, the post-1995 generation who were the first to spend their entire adolescence with smartphones.

They are spending an extraordinary amount of time on electronic devices — according to Common Sense Media, nine hours a day. Perhaps as a result, many students have a difficult time focusing, are distracted by devices during class and are sleep-deprived. As with many things, however, the solution is education.

To help them focus while studying, we can tell students about the truth of “multitasking” — it doesn’t exist, because the human brain can only consciously focus on one thing at a time. Advise students to try setting aside their devices and reading their course materials for 10 minutes straight before doing anything else. The next day, it can be 15 minutes, and then 30, and then an hour.

To improve classroom engagement, tell students about the research showing that students who take notes longhand, on paper, do better on exams than those who take notes on laptops. Consider having them put their laptops away during class time — laptops, with their temptations of social media sites and web surfing, are a distraction much more often than they are useful.

Tell students to shut down their phones an hour before bedtime. In addition to being psychologically stimulating, phones are also physiologically stimulating. The blue light they emit inhibits the sleep hormone melatonin, making sleep significantly more elusive. Not sleeping enough is linked to not just the inability to focus but to unhappiness, depression, and poor physical health. None of this means giving up our technology — it just means using it for what it’s good for, and then putting it away.