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## Seminar Presentation

**Dr. Larry Rossen**  
**Professor Emeritus of Psychology**  
**California State University, Dominguez Hills**

**WE ARE FACING AN ATTENTION CRISIS: WHAT IS DRIVING OUR  
DISTRACTED MINDS?**

**Thursday, March 12, 2020**  
**3:00-4:00PM**  
**EEB 132**

**Abstract:**

Dr. Rosen has been studying the impact of technology since the early 1980s and has seen our world become more complex and distracting due to three game changers: (1) the World Wide Web, (2) Smartphones, and (3) Social Media. He has studied more than 100,000 teens, millennials and members of Generation X in the United States and in 22 other countries. His latest book, "The Distracted Mind: Ancient Brains in a High-Tech World" (co-authored with Adam Gazzaley, MD, Ph.D.; MIT Press, 2016), won the PROSE Award for neuroscience in 2016. Dr. Rosen's talk will include a look at research in his lab and others that will focus on "what" people are doing with their technology; "why" they do it from the viewpoint of psychology, neuroscience and marketing; and "how" we can help people enhance their relationships with this omnipresent technology focusing on well-being, attention and focus, sleep and communication.

Bio: Dr. Larry Rosen is Professor Emeritus and past chair of the psychology department at California State University, Dominguez Hills. He is a research psychologist with specialties in multitasking, social networking, generational differences, parenting, child and adolescent development, and neuropsychology, and is recognized as an international expert in the "Psychology of Technology." He has written seven books on the impact of technology and has

been a commentator on 60 Minutes (“Brain Hacking with Anderson Cooper), National Geographic (“Your Brain on Tech” with Katie Couric”), 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. He lives in San Diego, California. For fun he creates works of “art” from a combination of old computer technology, clocks and early rock and roll music. His website is [DrLarryRosen.com](http://DrLarryRosen.com)

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