



Attention Span: Find Focus, Fight Distraction

Gloria Mark, Ph.D.

Chancellor's Professor Emerita, Donald Bren School of Information and Computer Sciences, University of California, Irvine.

David Epstein

Science writer and author of the *New York Times* bestsellers *Range: Why Generalists Triumph in a Specialized World*, and *The Sports Gene*

Tuesday, February 13, 2024, 7:00 PM (on Zoom)

Register: www.bit.ly/MarkFANWebinar

PLUS: After-Hours Event!

Purchase a copy of *Attention Span* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Prof. Mark. Details on the Zoom registration form.

Presented by **Family Action Network (FAN)**, in partnership with

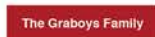
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This event is #freeandopentothe public and will be recorded. Suitable for youth 12+. familyactionnetwork.net

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FOR IMMEDIATE RELEASE: GLORIA MARK, Ph.D. – ON ZOOM

CONTACT: Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

Tuesday, February 13, 2024, 7:00 PM, Attention Span: Find Focus, Fight Distraction, a FAN webinar featuring Gloria Mark, Ph.D., in conversation with David Epstein (FAN '16 and '20)

REGISTER: www.bit.ly/MarkFANWebinar

BONUS AFTER-HOURS EVENT: Attendees who purchase a copy of *Attention Span* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Prof. Mark that will start immediately after the webinar. Details on the webinar registration page.

We spend an average of just 47 seconds on any screen before shifting our attention. It takes 25 minutes to bring our attention back to a task after an interruption. And we interrupt ourselves more than we're interrupted by others. In *Attention Span: A Groundbreaking Way to Restore Balance, Happiness and Productivity*, psychologist **Gloria Mark, Ph.D.** reveals these and more surprising results from her decades of research into how technology affects our attention.

Based on decades of original research in what Prof. Mark calls “living laboratories,” where she studies technology use in people’s real-world environments, *Attention Span* not only presents the science of exactly how short our attention spans have become, how much we’re interrupted and how much stress that causes us, but also how we can gain control of our attention and achieve wellbeing.

Prof. Mark is Chancellor’s Professor Emerita at the University of California, Irvine, and has been a visiting senior researcher at Microsoft Research since 2012. For over two decades she has studied the impact of digital media on people's lives, focusing on how using our devices affects our multitasking, distractions, mood, and behavior. She has also been a Fulbright scholar and has received the prestigious NSF Career grant.

Prof. Mark will be in conversation with **David Epstein** (FAN '16 and '20), a science writer and author of the *New York Times* bestsellers *Range: Why Generalists Triumph in a Specialized World*, and *The Sports Gene*. Epstein was previously an investigative reporter at *ProPublica*, and prior to that a senior writer at *Sports Illustrated*. His two TED Talks on human development and performance have been viewed 12 million times.

This event suitable for youth 12+. It will be recorded and available on FAN’s website and YouTube channel.

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