



Expert warns: Excessive use of technology can lead to brain rot

Assoc. Prof. Dr. Fatma Şimşek highlights the negative effects of excessive technology use on brain health:

- Overuse of digital devices can impair learning abilities.
- Constant exposure to digital content weakens memory and analytical skills.



LEARN MORE

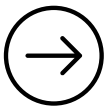
Addressing Technology Addiction: Informations on Technology Addiction Among Young People

A program on Technology Addiction was organized by the Beylikdüzü District Directorate of National Education and held at Vali Muammer Güler Social Sciences High School, addressed Technology Addiction, focusing on Smartphone Addiction and Online Gambling Addiction. Associate Professor Adnan Veysel Ertemel provided valuable insights and presented the outcomes of the TechWell EU Project.

The event also enabled connections with schools volunteering for the project and facilitated in-depth discussions on technology addiction.



LEARN MORE



"Our latest blog posts are now live."

Our blog posts and informative content on technology and social media addiction are continually being published on our website.



LEARN MORE