



AGENDA

Psychological Approaches to Creating Healthy Media Habits Including Social Media and Video Gaming

Friday, May 24, 2024 | 1:00 - 4:00pm

Remote via Zoom

1:00-1:10pm	Introduction
1:10-1:15pm	Identifying Screen Use
1:15-2:00pm	Video Games
2:00-2:30pm	Exercise #1/Discussion
2:30-2:45pm	Break
2:45-3:15pm	Social Media
3:15-3:45pm	Exercise #2/Discussion
3:45-4:00pm	Q+A/General Discussion/Wrap-up



The Ross Center is approved by the American Psychological Association to sponsor continuing education for psychologists. The Ross Center maintains responsibility for this program and its content. There is no commercial support for this program.

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Full attendance is required to receive continuing education credit.

Certificates of Attendance and Evaluation Forms will be emailed following the training.