



# Digital Citizen News

## October 2019



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Whether you like to be a Tricker or a Treater - the traditions of Halloween make October a fun time. Why not choose to be a Good Digital Citizen for Halloween this year? What does being a good digital citizen look like to you?

I think it takes COURAGE to be a good digital citizen. It takes courage to stand up and say the right things and to act the right way when others around you choose to act disrespectfully or cruelly to people online. It takes courage to not join in when others mistreat or bully people whether in person or in social media. It takes courage and maturity to use your technology and devices in a responsible way.

**STAND UP DIGITAL CITIZENS AND MAKE THINGS BETTER!**

## October is National Cyber Security Awareness Month

Held every October, National Cybersecurity Awareness Month (NCSAM) is a collaborative effort between government and industry to raise awareness about the importance of cybersecurity and to ensure that all Americans have the resources they need to be safer and more secure online.

Visit the NCSAM website

<http://go.gstbic.org/302-NCSAM>

Download the NCSAM 9-page toolkit (PDF)

<http://go.gstbic.org/302-TOOLKIT>



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## IS YOUR PHONE A DISTRACTION ?

*Responsibly managing your phone/device is a necessary skill*

Many of us are constantly connected and don't put our cell phones down. Harvard Medical, Cleveland Clinic and other organizations are finding evidence to support negative consequences when people use cell phones all day. Always having your phone turned on can take its toll on our ability to concentrate and focus.

*At Ithaca College Ed Tech Day 2019 a panel of college students were asked what they considered important technology issues and the topic of learning to responsibly manage their cell phones was one of their concerns. They shared that it takes approximately 15 minutes to re-focus after every phone interruption and it is hard to concentrate when they are constantly getting texts, calls or notifications when trying to study or complete school assignments. In order to be successful in school they found they needed to learn to manage the distractions from their cell phones.*

*In a study group at Ohio University students who watched a video, were encouraged to take notes and then complete an assessment. Students without cell phones during the assessment wrote 62% more notes and scored a full letter grade and a half higher on the multiple choice test than the group that were actively using their phones during the same assessment.*

An article in Harvard Health Publishing suggests we may all be smarter by taking a break from our cell phones. *Why not set a personal goal to control your cell phone use and gain back your focus, concentration and productivity.*

### NOW TAKE ACTION

### What can you do to help minimize distractions from your cell phone?

- Turn off most notifications from apps, text messages and email.
- Start using silent notifications or get rid of an app completely by deleting it. Even hearing the buzzing of your cell phone is a distraction from work or school as your mind starts thinking about who is trying to contact you.
- Set up "Do not disturb" times on your phone like at bed time or during classes.
- When studying put your cell phone in another room or put it on airplane mode so you can focus.
- Delete social media apps from your phone and use only on your computer.
- Download apps that help your focus.

Send comments, suggestions, and questions to [dc@gstboces.org](mailto:dc@gstboces.org)

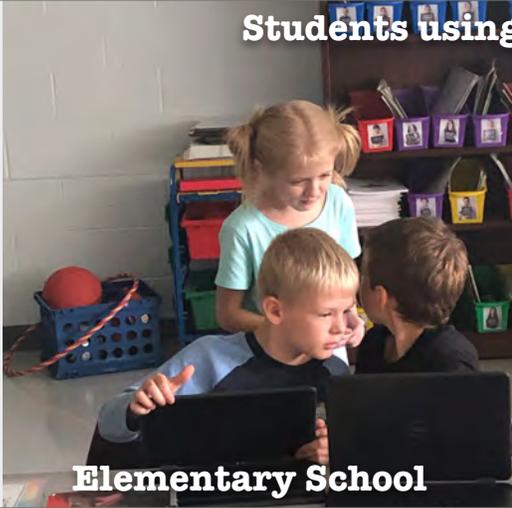
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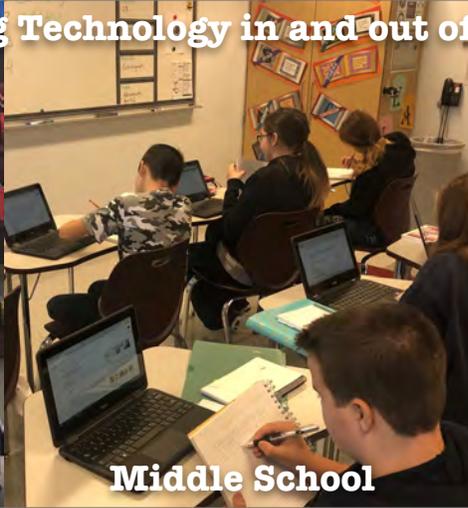


# Digital Transformation through Thoughtful Implementation

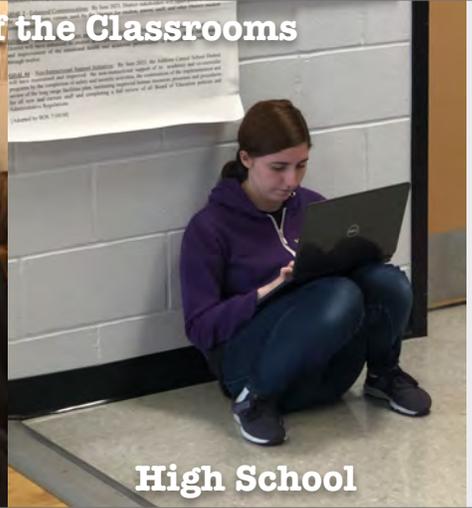
## Students using Technology in and out of the Classrooms



Elementary School



Middle School



High School

Addison Central Schools is currently in their fourth year of Digital Transformation. They have been very thoughtful about how, when and where technology should be used to enhance learning opportunities for all their students. The overarching goal of the district is to enhance communication and collaboration district wide. After visiting and learning from many different schools Addison determined that professional development, digital citizenship, blended learning, and thoughtful implementation were key areas to focus on during the District Wide Digital Transformation.

All teachers in Addison go through eight full days of trainings prior to their students receiving devices with their grade level/department level peers. Teachers have been divided into four separate waves. Each school year a different group of teachers go through wave training. Teachers are provided with time to build materials they can use in their class with support from Instructional Technology Coaches and their peers. Once they have completed a year's worth of training, teachers then have Summer Boot Camp where they build their class materials for September. They also receive a new Promethean Board and 1:1 devices for their students.

As Addison starts their final wave training with teachers, students in grades K-12 now have a device where they can communicate and collaborate safely. Both staff and students have expressed how much they enjoy being able use technology in their classrooms and with their peers. Parents can connect to their students and communicate with their child's teacher in real time. Overall, the path to Digital Transformation has allowed Addison to have more flexibility in their classrooms, provide individualized instruction, and prepare their students for the world that awaits them.

This article contributed by Heidi VanWoert and Katie Cooke

### Some Key Topics for Wave Training:

- Schoology
- Office 365
- Digital Citizenship
- Ed Law 2D Compliance
- Blended Learning Techniques
- Increasing student engagement

## SCREENS AND SLEEP

findings from common sense®

### The New Normal: Parents, Teens, and Devices Around the World

In Common Sense Media's new report, parents and teens reveal their habits around screens and sleep, and how mobile devices have changed families' morning and evening routines and their in-person relationships.

**Mom! Are you listening to me?**

More teens wish their parents would get off their devices than in 2016.

Go to the article and report → <http://go.gstric.org/302-normal>  
View and download the infographic → <http://go.gstric.org/302-graphic>





# Data/Cyber Security Careers

Digital Security is not just an important topic for Digital Citizens. It could be an exciting Career for you!

## Have you ever thought about working in the Cyber Security field?

Students can pursue cyber security degrees online or in a campus-based environment. Degrees are available at all levels, from associate degrees to PhD degrees.

The Department of Homeland Security indicates IT and cybersecurity jobs are not only for those with advanced degrees. The skills required for these jobs can often be acquired through other ways, such as community college, military service, or online training. Additionally, cybersecurity jobs are found in many different sectors all over the country, including healthcare, retail, manufacturing, financial services, and national security.

Jason Robert C., a Navy veteran and writer who holds multiple cybersecurity certifications notes, *“Having a non-technical background means you probably won’t have coding and development skills; however, it’s possible certain coding or development skills aren’t even necessary to be hired. There are positions you could obtain with skills you might already have. For example, a college degree may be the only thing required for an entry-level policy analyst position. If you’re an avid writer and have a grasp on grammar, starting as a technical writer isn’t a bad idea to get your foot in the door.”*

According to the U.S. Bureau of Labor Statistics job growth from 2012 to 2022 for Information Security Analysts is projected to be **37 percent** compared with **18 percent** for all computer occupations and **11 percent** for all occupations. The median annual wage for information security analysts was **\$98,350** in May of 2018.

There are two excellent Scholarships available to assist you with a Cyber Security Career.

### CyberCorps: Scholarship for Service

Developed as a partnership between the National Science Foundation and the Department of Homeland Security this scholarship may fully fund full-time students while attending a participating institution, including tuition and education and related fees.

### • The Homeland Security Honors Program

- This program is a highly competitive program for exceptional
- entry-level professionals looking for a career at DHS. Qualified
- candidates apply for a limited number of slots and are selected
- based on their academic performance, experience and other
- criteria. Those selected for the program will be offered a variety
- of incentives and enhanced career opportunities.

## Some interesting new job titles may include:

- Chief Information Security Officer
- Data Protection Officer
- Security Systems Administrator
- Forensic Computer Analyst
- Information Security Analyst
- Penetration Tester
- IT Security Consultant
- Security Architect
- IT Security Engineer
- Cryptographer
- Virus technician

Check with your school's guidance counselor to find out which colleges and universities offer degrees for these types of cyber jobs.

For more information about Data and Cyber Security Careers use the links below, or contact your Guidance Counselor.

**How to Get Into Cybersecurity, Regardless of Your Background** - <http://go.gstric.org/302-cyber1>

**The Information Security Analysts** entry from the **Occupational Outlook Handbook** - <http://go.gstric.org/302-cyber2>

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And coming in the November Issue: details about our ...  
**2nd Annual Calendar Poster Art Contest!**





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be nice online.

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#i\_am\_a\_digital\_citizen 