

Extending digital literacies

Supplementary materials, part 1

QUESTIONNAIRE

LANGUAGE AND TECHNOLOGY

Using technology for Language Learning

1. Which of these technologies do you interact with most frequently?

- Desktop Computer
- Laptop
- Mobile phone
- Tablet
- None

2. How much combined time do you spend using these technologies on an average day?

- Less than 1 hour
- Between 1 and 3 hours
- Between 3 and 5 hours
- More than 5 hours

Have you ever been a full day without using technology?

3. According to the quality time/rescue time app, how much do you spend in internet per day on your mobile? (If you have not used any of these apps, just tick an option based on your own perception)

- Less than 1 hour
- Less than 2 hours
- Less than 3 hours
- Less than 4 hours
- Less than 5 hours
- More than 5 hours

4. According to the quality time app, what are the most used/accessed web-platforms?

- Social networking sites
- VLE (SULIS, Moodle)
- Other (please specify)

5. Do you use social media or are you part of any online groups that help you with your language learning?

- Yes
- No

6. Does technology affect your capacity to pay attention?

1_ very little 2 3 4 5_ a lot

7. Does technology change your perception of time?

Not at all ☆ ☆ ☆ ☆ A lot

Why?

8. How long, do you think, can you be working with technology without being distracted?

- 15 minutes
- Between 15-30 minutes
- Between 30-45 minutes
- Between 45-60 minutes
- More than 60 minutes

9. What are the most distracting elements when using technology (i.e. Ads, social media, etc)?

- Ads
- Scial Media Notifications
- E-mails
- Other (please specify)

10. Would you use a website/notifications/Add blocker app to avoid distractions when studying and using technology?

- Yes
- No

Why?

Supplementary materials, part 2

SAMPLE ANSWERS

We show below the answers from the questionnaires about the reasons that students give for using or wishing to use App blockers. These responses are from the students that are in favour of this kind of apps.

10. Would you use a website/notifications/Adds blocker app to avoid distractions when studying and using technology?

Yes

No

Why?

To avoid distractions

I use ad blocker already and am considering using a distraction blocker like Cold Turkey for exam study. If the options of social media or even internet are not available, I will have more difficulty finding a way to procrastinate.

It would definitely allow me to stay focused and not get side tracked, especially when I am studying a language, switching to English to reply to a message is counter productive.

I just have to put my phone on silent. No notifications, no distractions.

I can just close the apps then I won't receive any notifications (android user)

I don't like getting notifications anyways, I would block all but message based notifications regardless

I should

To be more productive and efficient with my time

It is a way to help not getting distracted and work better

To prevent me from distracting myself

To finally get rid of the damn ads! (Which just cost time and energy and no-one wants!)

I don't use one right now but I think it would be a useful kind of app to download for the future, it would prevent me from wasting time by getting distracted by my phone.

I already have ad-blocker, but something to block certain websites would be nice

I would use an add blocker on my laptop because I don't like adds

