**A Day in the Life of Non-Tech Student**

I woke up at 10 a.m. and had breakfast without TV. Normally we have breakfast while watching news. I saw that without TV we can talk and laugh more. On 11 a.m. I played the piano until 11.45 a.m. When I play the piano I think I can focus more without any distraction and if you do it you are more likely to take pleasure in playing. I didn’t do anything until 12 a.m. Then I started to solve math problems. I didn’t look at the clock. I was completely away from all kinds of technological devices. If I have a phone with me, I know that I can look at it regularly and be distracted easily from homework. I remember that I did exercise for half an hour. At 3 p. m. I started to read Kuyucaklı Yusuf from Sabahattin Ali. I read 80 pages in two hours. At 5 p. m. I ate fruits with snack. I studied German until 7 p. m. My whole work was done and I was very happy with that. I can get more done without technology and have a lot of free time. I decided to repeat these tech free hours every day but I haven’t started yet. When I compared this day to normal days I saw that we are living very distracted lives. I turned off my notifications after that experience. I’m working on my own technology restrictions for my life. Maybe it can be logging in LinkedIn for just 10 minutes after every 2 hour working session. This experience is very challenging but it may seem very easy at the outset. We should leave this digital life sometimes because it can take our thoughts and emotions. Lastly I want to say that future is not all about technology. Future is being really human.

Thanks for reading!

