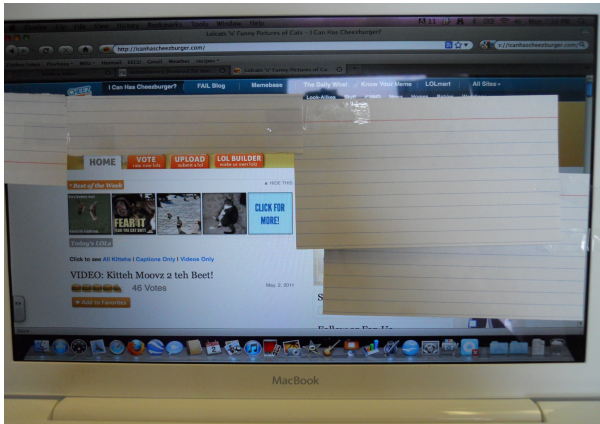


onlineliteracy: Strategies to End Distractions

Low Tech Strategies:

- **Print off the text** and have the student cut off any unhelpful advertisements or pictures.
- **Copy and paste the text into a Word Document** to eliminate the extra "stuff" on the page.
- If the student is staying on one main page, **try covering up the distracting parts of the page** with notecards, construction paper, or cardboard. It also might be a good idea to do this if the student feels overwhelmed with how much text is on one page. Cover up most of the screen, leaving only one or two paragraphs for the student to read at a time.



Higher Tech Strategies:

- **Download an app such as Readability** that allows readers to get rid of all the distracting pictures, advertisements, and stuff on websites. It also allows the reader to decide how much text to see, and to save it and come back to read it later. <http://www.readability.com>
- **Download an app such as IE7 ad blocker** that allows the reader to hide whatever advertisements are on the current page. It can also be set up so that the flash can be turned off so that it isn't constantly blinking while trying to read. <http://www.ie7pro.com/ad-blocker.html>
- **Download an app such as Simple Ad Block** that boasts to be simple to use and makes any webpage more simple. It will block out any advertisements on the page. <http://simple-adblock.com/>

Illustration: A webpage in Internet Explorer without Adblock and with Adblock enabled

	No adblock installed		Adblock installed	
--	----------------------	--	-------------------	--

Illustration taken from <http://simple-adblock.com/>

Sources:

Attention deficit hyperactivity disorder. (2010, November 10). Retrieved from <http://www.cdc.gov/ncbddd/adhd/data.html>

Carr, N. (2010). *What the internet is doing to our brains*. New York, NY: Norton.

Coley R, Cradler J, Engel P. *Computers and classrooms The status of technology in U.S. schools*. Retrieved from <http://www.ets.org/Media/Research/pdf/PICCOMPCLSS.pdf>

Great Websites:

<http://simple-adblock.com/> A website that hides the advertisements on the webpage and boasts to be very simple to use.

<http://www.ie7pro.com/ad-blocker.html> Website that allows the reader to hide advertisements while reading.

<https://www.readability.com/> Website that gives a reader the ability to literally eliminate the distractions on the webpage they are trying to read.

<http://www.wired.com/wiredscience/2011/02/against-attention/> An interesting article that explains the benefits of being off task.

[Back to Strategies for Dealing with Online Distractions while Reading](#)