

BUILDING A HEALTHY RELATIONSHIP WITH SOCIAL MEDIA AS A STUDENT

BY MANSI AGNIHOTRI

SOCIAL MEDIA

Social media offers an incredible opportunity to connect, learn, and share our experiences with the world.

However, when we become overly reliant on it, we risk getting attracted to its less enjoyable aspects.

Instead of being fully present in our lives, we often find ourselves fixated on updating others'.

This guide will help you on the path to reclaiming your life and embracing the beauty of each moment—showing you how to harness social media positively.

BASIC RULES

1) Set Boundaries - Limit your time spent on social media to prevent it from consuming your day. Consider setting specific time slots for checking your phone to maintain a healthy balance between online and offline activities.

2)Authenticity - Be genuine and true to yourself. Share your thoughts and experiences honestly, and avoid spreading or supporting fake news. Verify information before sharing it to contribute to a more trustworthy online environment.

3) Connect - Use social media as a platform to connect with friends and family and deepen the connection that you already have.

Engage in conversations and discussions that interest you, and seek out communities that share your passions.

4) Prioritize Safety- Be cautious about the accounts you follow and/or interact with. Avoid interacting with individuals or organizations that you do not know or trust. If something feels off, trust your instincts and disengage.

5) Privacy- Keep your privacy protected by using strong, unique passwords for your accounts. Be mindful of the personal information you share publicly and adjust your privacy settings to control who can see your posts and profile.

HOW TO NOT GET ADDICTED

1) Limit usage - Set a daily time limit using built-in app features or third-party apps to prevent overuse.

2) Turn off notifications - Disable non-essential notifications for social media apps. Constant alerts can tempt you to check your phone more frequently. By reducing these notifications, you can focus on your present activities without frequent digital distractions.

3) Digital Detox - Designate specific days or times where you completely disengage from social media. This can help reset your habits and reduce dependency.

4) Reduce access - Consider removing social media apps from your phone and only accessing them through a computer. This makes it less convenient to check them impulsively and encourages more intentional use.

5) Tech-free zones - Designate certain areas in your home, such as the dining room or bedroom, as tech-free zones. This encourages more face-to-face interactions and helps you establish boundaries concerning social media usage.

WAYS FOR STUDENTS TO GET THE MOST OUT OF SOCIAL MEDIA

1) Educational Purposes - Utilize platforms like YouTube, Coursera, and edX for educational content. Join online study groups and forums related to specific subjects or courses. Follow educational bloggers and podcasters for informative content.

2) Connect- Use social media to connect with teachers, classmates, and peers. Participate in online communities related to specific subjects or interests. Collaborate with peers on group projects through social media.

3) Research- Utilize online databases and social media platforms to access academic journals and articles. Follow researchers, experts, and institutions on social media to stay updated on the latest research and findings.

4) Personal development - Follow accounts that promote positivity, motivation, and inspiration. Participate in online communities focused on mental health, wellness, and self-care.

Conclusion

Social media is a powerful tool that can have a significant impact on our student lives, providing opportunities for immense good or, when misused, causing harm. As we navigate the vast expanse of the digital world, it's essential to remember that social media should enhance our experiences rather than distract us. Let's strive to use social media responsibly—to uplift and inspire our friends, share knowledge, and exchange ideas that help us grow. By doing so, we can unlock the true potential of social media in our lives, drive positive change, promote empathy and positivity, and foster connections that strengthen our community. Together, we can create a more supportive and enriching student experience through thoughtful social media engagement.

Mansi Agnihotri



Follow us on
instagram:
@studygirl._.

