



- ★ This program was amazing! Even during this difficult time you have less screen time. I also felt like during my *machsom* I can get so much done and be productive. (9th grade)
- ★ This experience opened up my eyes, showing me that whenever I'm bored, I use technology. I feel accomplished knowing how many times I didn't use technology, instead being more present. (9th grade)
- ★ The technology program was really beneficial, especially this year, because of corona. Being home all day is an open opportunity to be on your phone all day, but I wasn't, because of this program. Even when it wasn't my *machsom*, I still tried to be aware of not using my phone because of this program. (10th grade)
- ★ This year it was much more challenging to do the technology program, while staying connected to friends. It was such a *bracha* to have at least 1 hour every day to be able to focus on my family and not solely on my social life. It set my focus on what needs to be focused on right now: my family. This was my chance to give my siblings the attention they deserved. (10th grade)
- ★ By being limited in technology, I was able to focus on things I enjoy without being distracted, and feel truly free. (10th grade)
- ★ I never realized how much I was on technology until now. It was really eye-opening for me and I truly came out feeling inspired, and feeling like I really worked on myself. (10th grade)
- ★ During my *machsom*, I played board games with my siblings and it was really nice. Also, my grandmother isn't doing so well and as a *zechus* for her, me and some of my siblings are continuing with a *machsom, bli neder*. (11th grade)
- ★ The technology program this year was much more challenging, but I think the results were also much more fulfilling. However, I also gained a lot from this challenge... I ended up talking to some friends more than I would have because I normally text with them a lot. (11th grade)
- ★ This year's technology program helped me notice how much time I was losing from my day and, with just a few guidelines, I can save a couple hours from every day. (11th grade)
- ★ I wasn't sure how this technology program was going to work for me this year. So many of my friends were anxious because they knew how hard it would be. I took it cautiously day by day... Shutting off my phone at 12:30 and putting it in a different room was an unbelievable experience. Like Chava said, it was amazing that my phone wasn't the last thing I saw at night and the first thing in the morning. It gave me boundaries and structure at a time when it was hard to find in everyday life... The whole way through the program, I felt so at peace... If I hadn't had this program, I wouldn't know the strength I have, nor would I think of pushing myself to resist technology, to develop that strength. (11th grade)

- ★ This year was the first year that I actually worked at the program because previous years I didn't have a phone and didn't have as much access to different devices. I really appreciated the reminder that this program gave me of how to use my time properly. (12th grade)
- ★ Not texting for most of the month helped me realize how much more connected to our friends we can be by calling them. Thank you! (12th grade)
- ★ Thank you so much for doing the program this year despite the challenging situation that we are in. Even though it was more challenging to be able to fulfill the requirements this year, it made it that much more rewarding when I was able to get my checks for that day. (12th grade)
- ★ Each time I was able to, *baruch Hashem*, control myself and not open a text, or not answer the phone during my *machsom* time, I felt so good and really experienced having control of how I want to use my technology and not letting it control me. In fact, I just want you to know that it has impacted me so much that I am hoping to make my own, homemade technology chart during this month too. (12th grade)
- ★ I tried to do this for the growth, not just for the check on the chart... I feel more accomplished this year than any other year because I know I pushed myself to my limits and grew so much from this program. Even though Nissan is over, I'm trying to keep some of the elements of this amazing program with me. (12th grade)
- ★ I look forward to this program every year for a time to challenge myself. Even though this year was a bigger challenge than ever due to the circumstances, each check on the chart felt accomplishing. Due to this technology program, it feels so much easier to avoid social media. I'm so sad that this is my last year in High School to participate in this program, but *iy"Hashem* this will be something I will continue in Nissan every year as an alumna of BY:)(12th grade)
- ★ An aspect of the program that I felt was taken to another level was the growth aspect. In general, this program is a precious opportunity to work on ourselves and become better people. It gives you the tools to be able to overcome your struggles with technology, and all you need to do is tap into them. (12th grade)
- ★ One of the main things I feel like I gain from this program every year is just a reminder of how often I may be using my phone and how rewarding it is to take a break and invest my time in other things for a change. (12th grade)
- ★ People who knew I wasn't texting most of the time were very impressed and often asked me why I was trying so hard as there probably will be no prize or trip. After thinking about it I realized it was personal, I wanted to challenge myself to see if I really could not text, and I'm proud to say that I feel that I have really succeeded. (11th grade)
- ★ I pushed myself and I didn't realize how much I could achieve! This year during the technology program I switched to a dumb phone because I realized how little I need my smart phone! You've changed my life! (10th grade)
- ★ I couldn't do as much as I've done other years, but that's okay. Even the bit that I did feels like an accomplishment! It gave me time to spend on more important things as well as a new perspective on how dependent I can be on my phone! (11th grade)

Discovery Technology Program 2020