The Writing's on the Screen
Digital technology is transforming the way we read and write. Does it matter, asks Tiffany O’Callaghan?

She mentioned this to her supervisor Daniel Oppenheimer, now at the University of California, Los Angeles. A few days later, as Oppenheimer was typing away frantically in a meeting, he suddenly realised that although he was recording nearly everything people said, he had almost no idea what they were talking about. So the two psychologists decided to do a series of experiments comparing taking notes by hand with typing on a laptop.

They found that students who took notes by hand generally understood the content of a lecture better and remembered more. Mueller thinks that mindlessly typing away may record more material at the cost of paying attention. Because we write much more slowly than we can type, longhand note-taking forces people to work through the ideas as they listen and choose which concepts to jot down.

Are typewritten notes at least better for studying? When students were asked to review their notes and take a test a week after a lecture, the longhand note takers still did better. “It suggests that if you didn’t understand it the first time, looking back over it later isn’t going to help much,” Mueller says.

She thinks it’s the way students tend to use laptops that’s problematic, rather than the laptops themselves. Using software that limits typing speed, or a stylus and tablet, might erase the difference, Mueller suggests.

Even before her study came out earlier this year, there was a growing movement towards banning laptops in lecture halls and classrooms. The main argument is simple:

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Digital devices are distracting.

When you’ve got a laptop open in front of you, it’s very tempting to browse the web, check email or watch the latest viral video. Unsurprisingly, this kind of multitasking has been shown to degrade performance — and not just for you, but for those around you who get distracted by your on-screen flitting.

Distraction is not just an issue in classrooms. It might help explain why many studies suggest that...
e-reading results in poorer comprehension. Even if you are so engrossed in a novel that you’re not tempted to check Facebook instead, alerts can still pop up on the screen and divert you. And some books now come with built-in distractions, in the form of embedded videos and web links.

In electronic textbooks, such features are supposed to help students learn, of course. But some studies suggest they can distract them instead. Clicking on too many links can make students lose the thread of what it is they are trying to learn.

Even without distractions, we seem to get less from reading on a screen. In the days of flickering monitors, screen quality may have been a factor. But modern displays are steady, the resolution can even be higher than cheap print and the size of text can be adjusted to whatever suits you. And while some argue that the glare from glossy backlit screens still makes them harder on the eye, displays on e-ink readers are increasingly comparable to old-fashioned print. And yet reading on a screen is not the same.

In an as-yet-unpublished study, Anne Mangen at the Reading Centre at the University of Stavanger in Norway asked volunteers to read a mystery story either on a Kindle DX – which has an e-ink display – or in booklet form. “Those who read it on paper were better at reconstructing the plot than those who read it on the Kindle,” she says. They were also nearly twice as good at putting 14 plot events in the right sequence.

Why should this be so? In part, Mangen and others suggest, this may have to do with how well we can keep track of where we are as we read. In a paper book or magazine, there are plenty of physical clues to help us. You might recall, for instance, that a certain passage was about a third of the way into the book, halfway down a right-hand page. But when using an e-reader, you do not have that physical sense of how long a book is and how far through you are, and the position of text on a page isn’t usually fixed.

If so, it might help to try recreate the look and feel of a real book—with large margins that show better how many pages have been read and remain to read, for example. But the trend at the moment is away from such skeuomorphic designs.

And do these findings matter? When it comes to reading for pleasure, after all, some might argue that what counts is emotional engagement rather than how well we recall each plot turn afterwards. No difference in emotional response was found in the Kindle/booklet study. In another study, though, Mangen asked 154 university students to read a story about a tragic event either in a booklet or on an iPad. When told it was a true story, those who read it on an iPad were less likely to experience heightened empathy or “transportation” — a sense of getting lost in the world of the story.

**Typing Rather Than Writing by Hand May Alter the Way We Think**

This study and others suggest that we get more from print. Mangen, however, cautions about leaping to broad conclusions based on small studies involving specific formats. And the big question is not whether we get more from reading a particular piece in print instead of on a digital device, it is whether habitually reading on a screen colours our experience of reading in general, whatever the format.

Many worry that our current culture of online reading—with ads flashing in the margins, hyperlinks pulling us away halfway through a story and so on—is undermining our capacity for the sustained attention necessary for deep reading, the kind required to navigate the twists and turns of complex literary fiction, for instance. Such worries have already spurred the formation of a “slow reading” movement.

Equally, there are concerns about whether typing rather than writing alters the way we handle and recall information. In other words, does it change the way we think? For young children, the answer seems to be yes. Learning letters by writing them by hand produces measurable changes in brain activity compared with typing them (see “In your write mind,” right). How much typing and reading on a screen matters for teenagers and adults, though, is far less clear.

These are difficult and nuanced questions to study, particularly given the rapid evolution of technology. But with educational authorities rushing to make major decisions, such as introducing tablets in classes...
The nature of knowledge is changing. So is the way we learn it.

"Our brains are not like hard drives that can be reprogrammed. They are like muscles that need to be exercised and trained," says cognitive scientist John Hagel. "Learning is a process of building neural pathways in the brain, just as a bodybuilder builds muscle. And just like a gym, our brains need regular exercise to stay strong and healthy."

In the age of digital technology, we are constantly bombarded with new information. But how much of this information do we actually retain? New research suggests that our brains are better at retaining information when it is presented in a format that requires active engagement, such as writing or discussing the material."

"When we write things down, our brains are more likely to remember them," says Dr. Sarah Johnson, a neuroscientist at the University of California, Los Angeles. "Writing forces us to engage our cognitive processes in a way that mere reading does not. It helps us to organize our thoughts and to see the connections between different pieces of information."