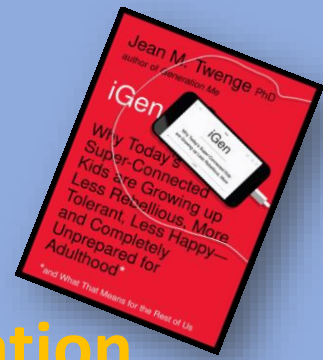




# iGEN: Understanding the Smartphone Generation



Friday, Sept. 20, 7 p.m.

Jack H. Turner Conference Center  
Student Resource Center (SRC 2000)  
425 Fawell Blvd., Glen Ellyn

The Glenbard Parent Series: (GPS) Navigating Healthy Families will present iGen: Why Today's Hyper Connected Kids are Growing Up Less Happy and Unprepared for Adulthood with Jean Twenge at 7 p.m. Friday, Sept. 20, at the College of DuPage Student Resource Center in Glen Ellyn.

Born after 1995, iGen is the first generation to spend their entire adolescence in the age of the smart phone. With social media and texting replacing inter-personal contacts and other activities, the iGen are spending less time sleeping and less time with their friends in person. This may account for unprecedented levels of anxiety, depression and loneliness.

Join GPS to discover the facts about the cultural changes shaping today's teens and young adults, and learn how our changed world has impacted their emotional, psychological and social well-being. Dr Twenge will help students better understand how the technological shift of smart phones has affected their mental health and explain how to find a balance with technology to increase health and happiness.

Please park in the College of DuPage Fawell C lot and enter through the north entrance of the Student Resource Center (SRC.)

Continuing professional development units are available for this presentation.

Twenge is a professor of psychology at San Diego State University and the author of several books, including iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy—and Completely Unprepared for Adulthood,

GPS is generously sponsored by the Birth to Five Community Coalition, Cebrin Goodman Center, Cooperative Association for Special Education (CASE), College of DuPage, DuPage Medical Group, Emmy Gaffey Foundation, Glenbard Early Childhood Collaborative, Holiday Inn/Carol Stream, the Prevention Leadership Team of the DuPage County Health Department, and the District 93 Birth to Five Community Coalition. Thanks also go to GPS allied partner College of DuPage Liberal Arts Division