Moreau
PROGRAM

Session 9: Work

Agenda

1. Some facts
2. Data from survey
3. Small-Group Activity:
    a. Reflections on reading
4. All-Group Activity:
    a. Discuss: “Do what you love and you’ll never work a day in your life”
5. Inspiring quote: Josemaria Escriva
6. Moreau Peer Leader testimonial
7. Anonymous activity: What do you want to be when you grow up?
    a. Discussion

For Next Time (Rest)

1. Read Pieper, *Leisure: The Basis of Culture*
2. Read Pascal, *Pensees*
3. Refraction video: Nancy Michael

NOTE: we only have two more classes. Our last class meeting is November 11

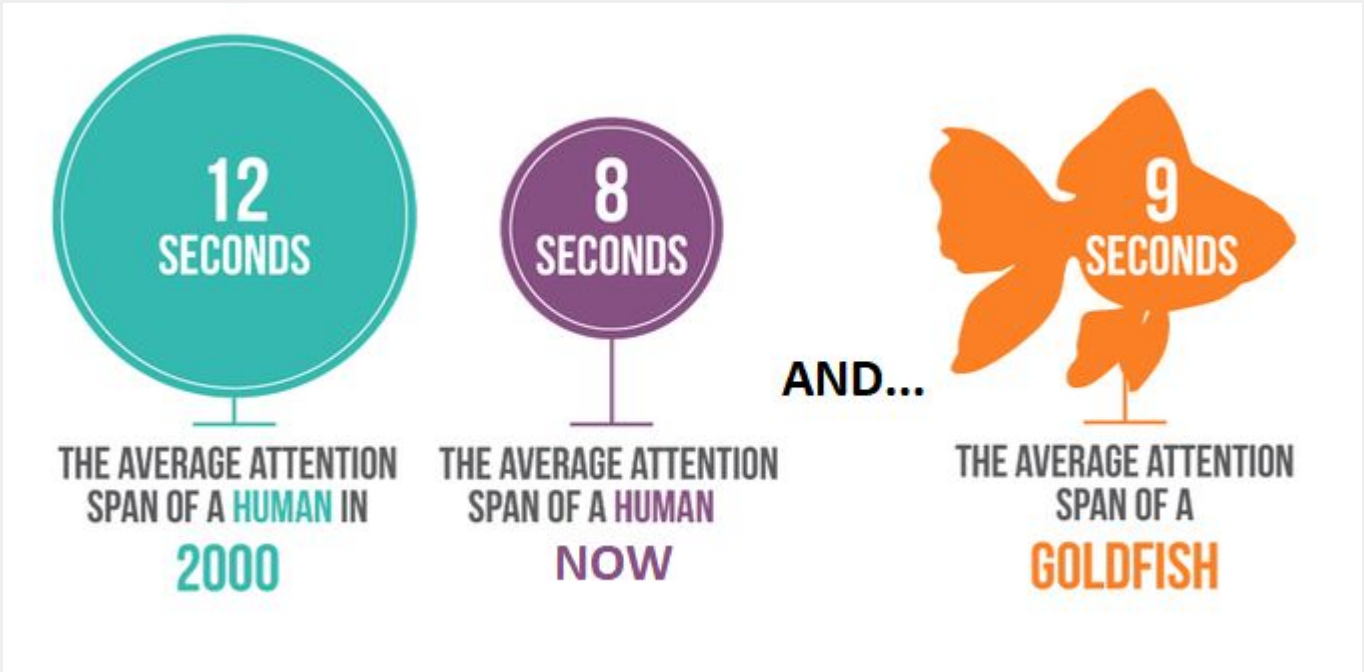
Co-Curricular Labs and Activities

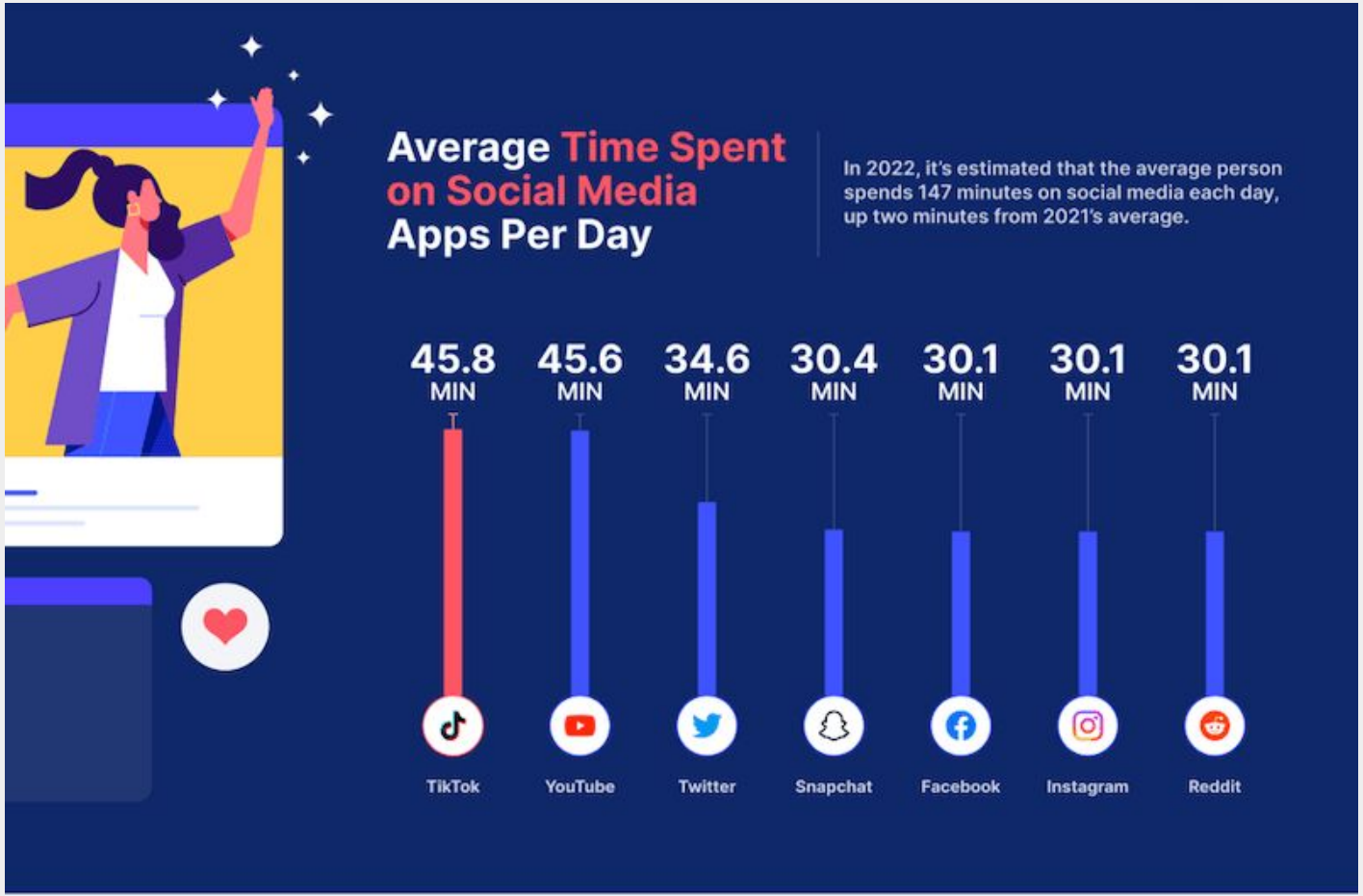
- Current co-curricular activities:
  a. Discerning work with the Center for Career Development (link), Nov. 2-16
- Current co-curricular lab:
  a. Work interview (link)
- Upcoming co-curricular activities:
  a. The Moreau Concert w/ Luke Spehar (link), Nov. 13
  b. Pause Retreat w/ Campus Ministry (link), Nov. 15
  c. Digital Culture and the "End of Leisure" (link), Nov. 16
  d. RestFest with Student Health and Wellness (link), Nov. 17
- Upcoming co-Curricular Lab:
  a. Practicing Rest and Leisure (link)
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Some Notes: Co-Curriculars and Final Paper

- Co-curriculars
  - You are required to complete at least three co-curricular events and two co-curricular labs
    - Can do a third lab as a bonus
  - For each, must submit a written reflection from Commonplace Book
  - *I don't really care if you have done them by the required dates (you may upload beyond the due dates)*
    - 4 haven't submitted reflection for first event, 5 for second, 14 for third
    - 5 haven't submitted reflection for first lab, 13 for the second
- Final paper: due November 14 , 11:30 pm (end of last week of class)
  - "Autocardiogram"
  - Answer one or more session questions relative to the dual dynamic of how you are loved and how you are called to love (link for more information)
    - Roughly, sessions 1-6: how you are loved; sections 7-11: how you are called to love
  - 900-1100 words (typed!)
  - Must do two submissions (one on Canvas, one via Google form)

Office Space (1999): https://www.youtube.com/watch?v=0aQ5AM6Ix80


12
SECONDS
THE AVERAGE ATTENTION SPAN OF A HUMAN IN
2000
8
SECONDS
THE AVERAGE ATTENTION SPAN OF A HUMAN
NOW
AND...
9
SECONDS
THE AVERAGE ATTENTION SPAN OF A
GOLDFISH

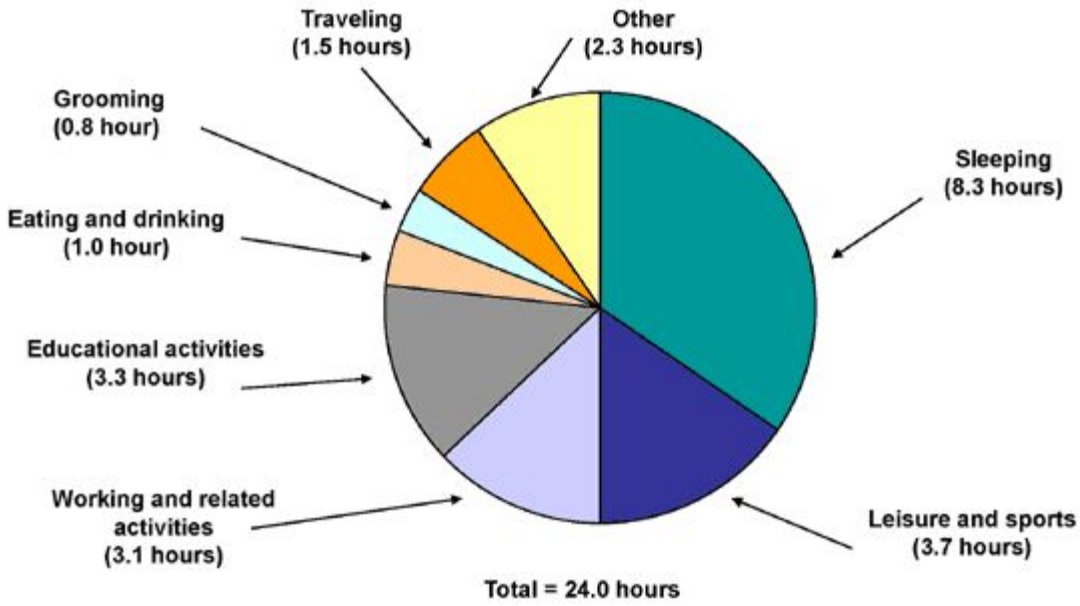

Average Time Spent on Social Media Apps Per Day
In 2022, it's estimated that the average person spends 147 minutes on social media each day, up two minutes from 2021's average.
45.8 MIN
TikTok
45.6 MIN
YouTube
34.6 MIN
Twitter
30.4 MIN
Snapchat
30.1 MIN
Facebook
30.1 MIN
Instagram
30.1 MIN
Reddit
SlickText
SlickText.com

With that in mind, we'll explore the latest screen time data.

Average Screen Time Stats 2025

- Globally, people average **6 hours and 40 minutes** of screen time per day
- Daily screen time has increased by over **30 minutes per day** since 2013
- The average American spends **7 hours and 3 minutes** looking at a screen each day
- South Africans spend **9 hours and 24 minutes** on screen per day
- **Almost half (49%)** of 0 to 2-year-olds interact with smartphones
- Gen Z averages **around 9 hours** of screen time per day

Time use on an average weekday for full-time university and college students

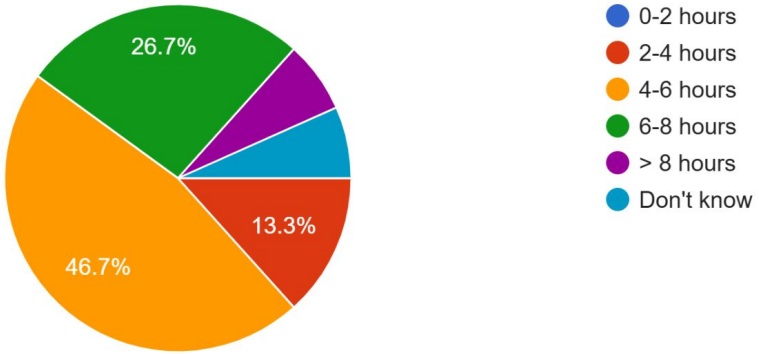


NOTE: Data include individuals, ages 15 to 49, who were enrolled full time at a university or college. Data include non-holiday weekdays and are averages for 2004-08.

SOURCE: Bureau of Labor Statistics

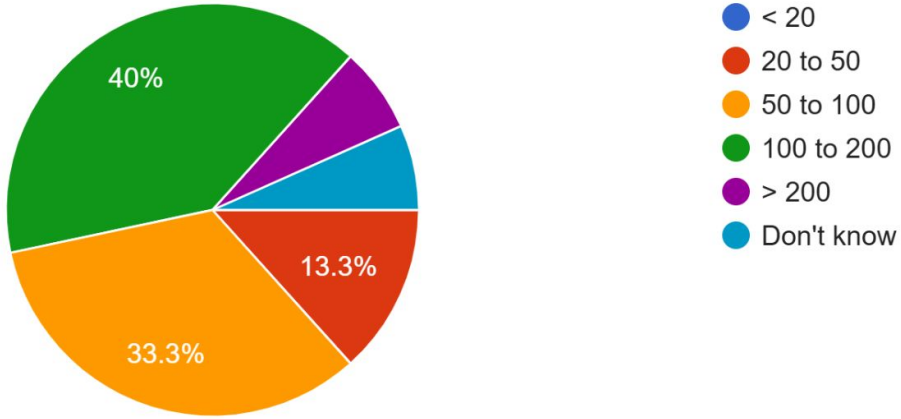
Open up your smart phone. Go to "settings > screen time" for Apple or "Settings > digital well being & parental controls" on Android. What was your average screen time in the last week?

15 responses



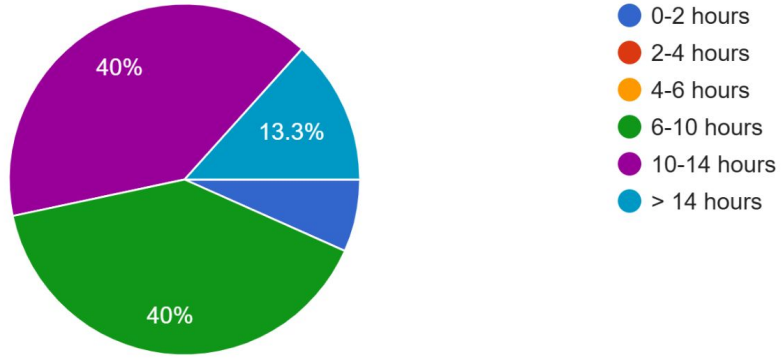
Open up your smart phone. Go to "settings > screen time" for Apple or "Settings > digital well being and parental controls" on Android. What was your average number of pickups in the last week?

15 responses



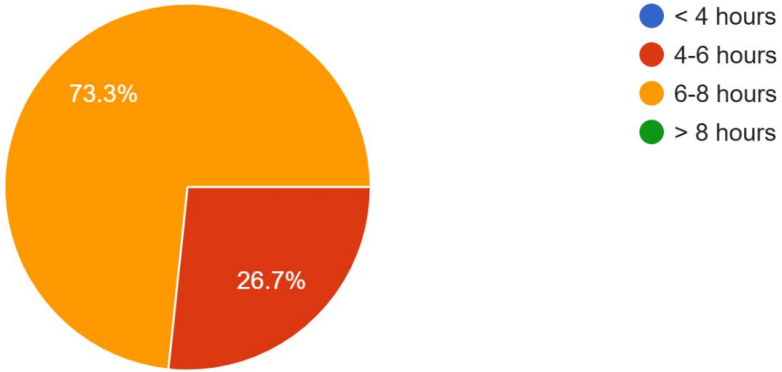
On average, how many hours do you spend studying outside of class during a typical week?

15 responses



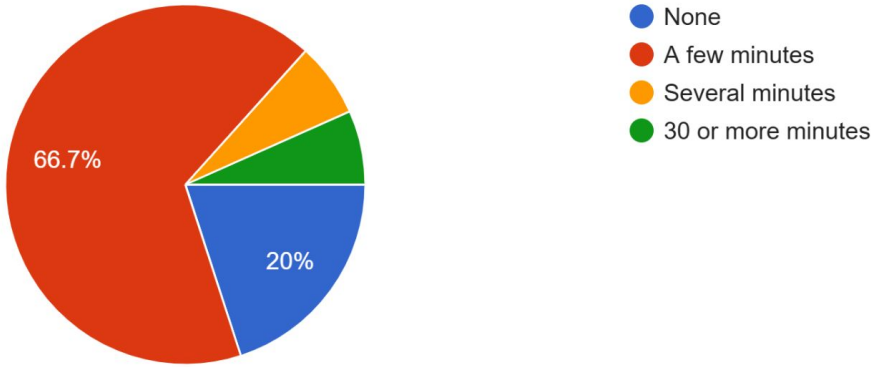
On average, how many hours do you spend sleeping on a typical day?

15 responses



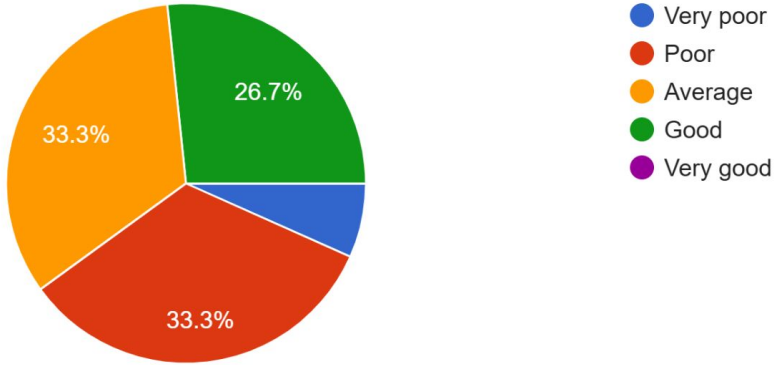
On a typical day (excluding formal religious services), how many minutes do you spend in prayer or meditation?

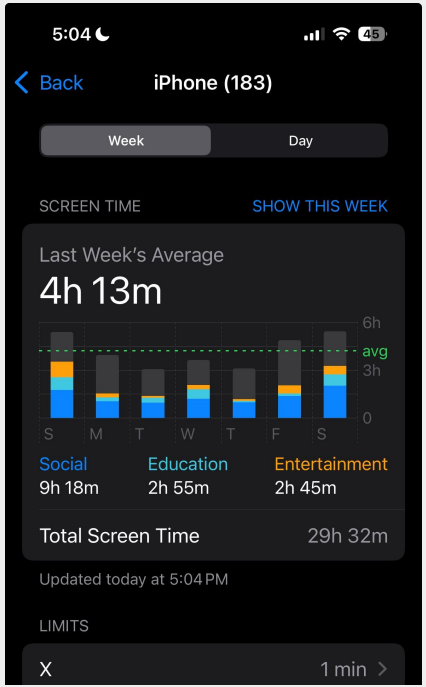
15 responses

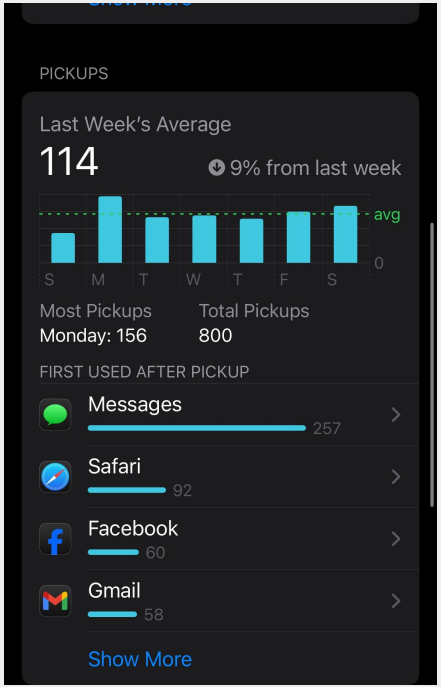


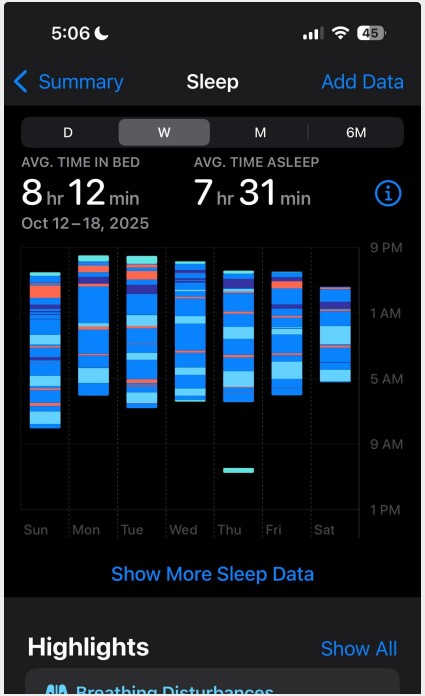
How would you rate your own ability to concentrate?

15 responses




5:04
Back
iPhone (183)
Week
Day
SCREEN TIME
SHOW THIS WEEK
Last Week's Average
4h 13m
6h
avg
3h
0
S M T W T F S
Social
9h 18m
Education
2h 55m
Entertainment
2h 45m
Total Screen Time
29h 32m
Updated today at 5:04 PM
LIMITS
X
1 min


PICKUPS
Last Week's Average
114
9% from last week
avg
0
S M T W T F S
Most Pickups
Monday: 156
Total Pickups
800
FIRST USED AFTER PICKUP
Messages
257
Safari
92
Facebook
60
Gmail
58
Show More


5:06
Summary
Sleep
Add Data
D
W
M
6M
AVG. TIME IN BED
8 hr 12 min
AVG. TIME ASLEEP
7 hr 31 min
Oct 12 – 18, 2025
9 PM
1 AM
5 AM
9 AM
1 PM
Sun Mon Tue Wed Thu Fri Sat
Show More Sleep Data
Highlights
Show All

Your life in months:

https://www.bryanbraun.com/your-life/months.html

Small-Group Activity

Reflections on readings

Here's a random split of your 19 names into **five groups o**

Group 1 (4 people)

- Lila
- James
- Vincent
- Zane

Group 2

- Alina
- Myles
- William

Group 3

- Reese
- Christian
- JD

Group 4

- Maura
- Daniel
- Joe

Group 5

- Christian S
- Elliott
- Ethan

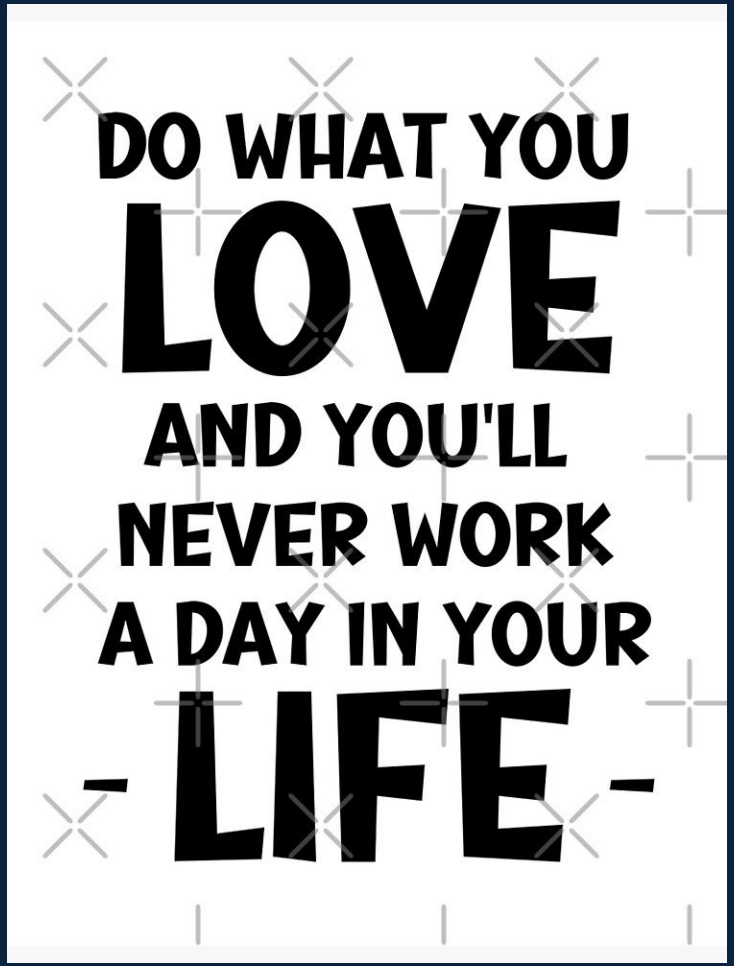
Group 6

- John
- Raphael
- Maeve

Would you like me to reshuffle for a different random arra

All-Group Activity

Discuss this quote


DO WHAT YOU
LOVE
AND YOU'LL
NEVER WORK
A DAY IN YOUR
- LIFE -

Josemaria Escriva



“Let me stress this point: it is in the simplicity of your ordinary work, in the monotonous details of each day, that you have to find the secret, which is hidden from so many, of something great and new: Love.”

Moreau Peer Leader Testimonial:

Anonymous Activity

Fill out little sheets of paper: what do you want to do when you grow up?

Then we will discuss