

The Faculty Success Center Presents:

Student Success Stories



EAST TEXAS A&M
UNIVERSITY

Join Adam Metts MS, LPC-S; Program Director of the Counseling Center, for *"Introduction to Fluid Focus: New Technology in Reclaiming Student Focus in a Screen-Dominated World."*

This session will provide a practical, evidence-based overview of the growing impact of excessive screen time and social media use on college students' stress, anxiety, focus, overall wellbeing, and academic performance. Designed with faculty in mind, the session will highlight current research, address common classroom challenges related to student distraction and engagement, and introduce Fluid Focus through a real time demonstration. Faculty will also learn how the tool can be integrated into their teaching environment to support student success, followed by an opportunity for questions and discussion.



Date: April 22, 2026

Time: 9 AM

Location: BA 343

Attend in Person or via Zoom

Registration is Preferred



*A Zoom link will be provided in the registration form.



All faculty and staff are welcome.