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## News Release

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### ***Online Social Forums Prove to be “Addiction-Free”***

ORLANDO, Fla. – This week, students proved addiction to online social forums not to be a problem.

A survey was administered through MySpace and Facebook to see how addicting these online social forums were, and many answered that they were not addictive.

The survey also showed that the time spent on these forums ranged from 30 minutes a week to four hours a day and an equal amount of people spend more/less time on these forums than other websites.

“As someone who suffers from telephonophobia (the fear of telephones), and yes it is a real phobia, I find these sites to be wonderful and more helpful for someone like me,” said Ashley Nason, a full-time student at Valencia.

A general consensus from the survey said that the best way to keep online profiles is to not spend too much time on them.

“Joining these online social forums will only affect you if you let them,” said Tom Anderson, creator of MySpace, “People that join can still carry on with their lives, and in fact, the websites make it easier to contact friends without bothering them. They just make life better.”

For more information, including student contacts for interviews, contact Aimee Michaud, Valencia’s online student rep, at 407-299-5000 ext. 243 or amichaud2@valenciacc.edu.