Freshman for a swim! Photo taken on a disposable camera. Photo courtesy of Emily Else'29

Singing and off the phone. Being off the phone is done in different ways. Photo courtesy of Kristie Avalos'27

Sifting through memories. Senior sorts through records at Hollywood Candy. Photo courtesy of Sophia Losole '26.

Live Theatre! Going to live community productions with friends is a fun analog option. Photo courtesy of Lou Smith '28.

*Photo/Graphic by Izumi**HuangFujiwara** & Katherine**Dietz**.*

GOING ANALOG IN 2026

Paper background from Trendify

*Katherine**Dietz***

In a time where the world is increasingly online, some students are choosing to ditch their phones in favor of other "analog" devices. Analog typically refers to devices that require mostly mechanical parts and little computer technology, if any at all. Although many of these devices cannot be classified as analog, they all serve the purpose of getting people off their phones.

In a recent Google survey by the Network, 15% of 195 Marian students said that they use their phone for more than six hours a day, and 77% of surveyed students say that they want to use their cellphones less in 2026. One way that students get off their phones is by using alternative devices for the main functions of a phone, such as listening to music, playing games and taking pictures.

PHOTOGRAPHY

Many students use photography as a chance to ditch their phones in favor of a separate device. Digital cameras have been a long running trend throughout recent years, and this year they take a new role in getting students off their phones. Film cameras ditch the screen entirely in favor of a truly analog experience, making them popular among artists.

Senior Kelsey Herrera uses a film camera for the aesthetics of the photos. "You can do more with the photos on film than you can digitally," Herrera said. "Plus, you have a physical thing you can carry around."

Herrera also values the memories that using film can create. "If something happens to my phone, I still have my photos. Plus, it's more memorable when you aren't using your phone," Herrera said.

Sophomore Lilly Prenger uses a digital camera to take photos. "I got it when I was 7 because I wanted a phone, but wasn't allowed to have one," Prenger said. "Now, I love how it gets me off my phone"

Prenger also appreciates the nostalgic quality of using a digital camera. "The pictures are better too," Prenger said. "They're great for scrapbooking."

Prenger loves the look of digital cameras as well, and appreciates their portability.

Although digital and film cameras are part of a larger trend, they both have unique qualities that make them a timeless way to capture memories.

MUSIC

Owning vinyl records, tapes and CDs was once seen as an outdated practice, but has recently become trendy. Much like digital cameras, listening to music on devices other than a phone has been increasingly popular. However, many people are also turning to iPods to have the convenience of listening to music on the go without having to use their phone.

Freshman Evelin Langenfeld prefers to listen to music with physical media over her phone. "It's more fun," Langenfeld said. "Plus, some things are only available to be listened to physically."

Special releases that aren't on streaming services are a big draw to physical media. "When I can't use my phone, like at camp, I can use my tape player instead," Langenfeld said.

"When the power went out at my house, I used my tape player since I couldn't use my phone," Langenfeld said.

While Langenfeld enjoys the more portable methods of physical music, senior Sophia McNally prefers listening to vinyl records.

"There's a lot of value in owning a physical copy," McNally said. "I like to buy things I'll always enjoy."

McNally began listening to records for the "cool factor," but ended up falling in love with the medium.

"I like that you can play a whole album from start to finish, and there's no ads," McNally said.

"I still remember buying my first record," said McNally.

Although it was once a popular opinion that all music will be listened to on phones, the growing popularity of physical media has allowed people to enjoy music the way their parents, or even their grandparents did.

JOURNALING

Although journaling has been used for centuries to help people reflect on their lives, it was turned very digital with the advent of iPhones, with many people choosing to journal on their "Notes app". Physical journals have been gaining popularity among young people who want to reduce their screen time.

Journaling has helped junior Liv Brown be mindful throughout the year.

"It helps me get my emotions out," Brown said. "I work through stuff, go over my day and write down exciting things that happen."

Brown enjoys the physicality of journaling. "On a device, what you write can be deleted. A physical diary can be kept and cherished," Brown said.

"It connects you to your memories," Brown said. "You can look back and think 'Wow, this happened! I'm so proud of it!'"

Using a physical journal allows Brown to reflect on the day without a phone in the way, making recording the day a much more personal experience.

GAMING

Even in the realm of video games people seek alternatives to their phones. Many companies such as Nintendo have released handheld gaming consoles, which remain popular for their portability and game selection. Senior EJ Wells enjoys using a 3DS for many of these reasons.

"I like the DS because it's small, portable and has older games," Wells said. They also had a 3DS as a kid, which added to the nostalgia factor.

"I stopped using it when the eShop closed, but I got back into it with modding," Wells said. Modding a 3DS is a process that allows users more customization and control over their 3DS. Common mods help increase the brightness and make it easier to change out the battery, as well as adjustments to the 3D features to make them more prominent.

Senior Yoselin Lopez also plays on a 3DS often. "I've had it since 2014, and I have never really stopped playing on it," Lopez said. Lopez enjoys finding free games for their console, and they also help their friends with using their 3DS.

"I've helped my friends mod their 3DS," Lopez said. "There are restrictions on the console, but games are still very compatible."

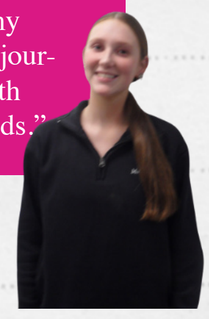
The 3DS's portability and the possibility of modification makes it a popular option for people who want entertainment on the go.

Using devices other than a phone has grown in popularity, especially with the "analog" trend of 2026. Although these alternatives may just be a trend for some people, for many, they are a part of daily life.

student speak out

Ella Hatz '27

"I love to do crafts, paint, color, clean my room, go on walks, journal and hang out with my family and friends."



McKenna Muhlecke '28

"I am going to try getting off TikTok and if I'm going to be on my phone I want to be productive instead of scrolling."

Claire Pogge '26

"I am trying to become more present and productive in my life by limiting the time I spend on my phone. I have realized that most social media hurts me more than it helps so I am really limiting it."

Sarah Pearson '29

"I use my phone for communication, entertainment and getting out of awkward situations."

*Photo/Graphic by Izumi**HuangFujiwara** & Eleanor**Thibodeau**.*