

From SFU news

You've got too much mail

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Many workers are feeling overloaded by the volume of e-mail messages filling their in-boxes. When e-mail came to the workplace it was marketed as a time saver, but it now absorbs too much of a worker's time. It also changes the way workers communicate with each other. For some people, the technology is addicting and companies are now implementing bans on e-mail messages during certain hours and on weekends. Workers claiming lost productivity because of e-mail interruptions "have a choice," according to associate professor of communication **Richard Smith**. "People can turn off the instant notification of new messages and check messages less frequently."