



**STUDYDADDY**

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## **Instructions**

For this assignment, you will keep 3 days of media logs and then write a reflective essay. Please keep a daily journal that records your media use for three days. Track your use of all of the following (even if you don't use something, please make a note of that). Keep track of the time periods when you use it and what you are using it for. For each day, keep a detailed record of how much time you spend using each different medium, and the purpose of the media use (e.g., talking to parents, playing music while studying, recreational TV, etc.)

Computer-- online

Computer--offline

TV (on a tv set, phone...?)

Newspapers/Magazines (paper copy or online?)

Radio/ Music

Books

Telephone (to make phone calls, to text, for social media, for GPS/maps, etc...)

Video games (on what type of device?)

Keep daily logs; you may turn in your "Media Logs" as a list, a table, in columns or in whatever format you choose.

**In addition to the 3 days of logs, please write a reflective essay (about 3 - 5 pages, double spaced) that comments on what you learned about your media use by doing this assignment. For the essay, you may want to think about some of the following questions:**

**What did you learn? Did anything surprise you? Did you notice any patterns in your media use? Has your media use changed over time? Why do you use some forms of media more or less? What role do you think media plays in most people's lives? What are the positive impacts of different types of media use? Negative impacts?**

**Please submit:**

the 3 days of media logs, AND  
your reflective essay



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