**How much time do you spend thinking about and/or checking your social media or checking your cell phone or playing video games?**

**Over the weekend, please record this information (choose the one that you spend most time on) and input into a google sheet (separate sheet emailed with time slots).**

DIRECTIONS-

In the google sheet emailed “select all”, “copy” and “paste” into your own google sheet. Title it “Media Awareness”

There are **three parts** to this assignment.

1. Sheet 1 “Saturday” record how often you spend time on the chosen item (social media, cell phone, or video games). Simply jot down the times and how long you spend on it in hours and minutes.
2. Sheet 2 “Sunday” record how often you spend time on the chosen item (social media, cell phone, or video games). Jot down the times you are on this device and how long it lasts in hours and minutes.
3. In a **MLA formatted** response- (Paragraph 1) write how much time over the weekend you spent, on which device you spent it, and whether or not you feel that you spend an excessive amount of time on this device *or* if you think the amount of time you spend is not excessive. Then, (Paragraph 2) describe in detail why you think you spend so much time on it and if you think it is a good thing, bad thing, or neither a good or bad thing and *why it is good, bad, or neither*.

**Quick example:**

I spent \_\_:\_\_\_ (hours: minutes) on \_\_\_\_\_ device, on Saturday and Sunday. This is a (typical or not typical) way I spend my weekends. I feel that I spend an excessive amount of time on \_\_\_\_\_ (device). I feel that I do not spend an excessive amount of time on \_\_\_\_ (device).

I think I spend so much time on this device because \_\_\_\_\_ (explanation). I think the amount of time I spend on \_\_\_\_ (device) is acceptable because it is not excessive and \_\_\_\_\_ (further explanation). The amount of time spent is (good, bad, neither) because \_\_\_\_\_\_ (explanation).