

Name _____

Date _____

First-Hand Knowledge of Your Topic

One type of evidence for any research project is first-hand data about your topic. Since you are a young person, this topic directly affects you each day. You will examine your own media use for two days. You will track your usage today (including the first portion of today) and all day tomorrow. Fill out the media log below. There are two logs – one for each day. An example is given on the first line of the log.

Day 1

Question: How Does Media Use Affect Me?			
Activity	Time Spent	Positive Effect	Negative Effect
<i>Example Post: Posting on Instagram</i>	<i>2 hours</i>	<i>Connected with friends</i>	<i>Homework not done/Didn't spend time with family.</i>

Conclusion: The use of media affects me in the following ways:

Day Two

Question: How Does Media Use Affect Me?			
Activity	Time Spent	Positive Effect	Negative Effect
<i>Example Post: Posting on Instagram</i>	<i>2 hours</i>	<i>Connected with friends</i>	<i>Homework not done/Didn't spend time with family.</i>

Conclusion: The use of media affects me in the following ways: