**Learning Log: Explore data from your daily life**

**Instructions**You can use this document as a template for the learning log activity: Explore data from your daily life. Type your answers in this document, and save it on your computer or Google Drive.

We recommend that you save every learning log in one folder and include a date in the file name to help you stay organized. Important information like course number, title, and activity name are already included. After you finish your learning log entry, you can come back and reread your responses later to understand how your opinions on different topics may have changed throughout the courses.

To review detailed instructions on how to complete this activity, please return to Coursera: [Learning Log: Explore data from your daily life](https://www.coursera.org/learn/foundations-data/supplement/RNx3Z/learning-log-explore-data-from-your-daily-life).

| **Date:** <enter date> | **Course/topic:** Course 1: Foundations: Data, Data Everywhere |
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| **Learning Log:** Explore data from your daily life |
| **Create a list** | Create a list exploring an area of your daily life and include details, such as the date, time, cost, quantity, size, etc:  **Topic:** Screen Time (Application name, Time spent/day, Category)  **Time Period:** Sun 28 Aug - Sat 3 Sep   * Sun 28 Aug : Productivity & Finance 7h 9m , Social 1h 21m , Entertainment 1h 1m (Total = 9h 48m) * Mon 29 Aug : Productivity & Finance 4h 27m , Social 2h 43m , Entertainment 2h 34m (Total = 10h 5m) * Tue 30 Aug : Productivity & Finance 3h 43m , Entertainment 3h 21m , Social 34m (Total = 8h 50m) * Wed 31 Aug : Productivity & Finance 3h 20m , Social 1h 32m , Entertainment 1h 11m (Total = 6h 27m) * Thu 1 Sep : Productivity & Finance 3h 20m , Social 1h 47m , Entertainment 39m (Total = 5h 59m) * Fri 2 Sep : Productivity & Finance 2h 59m , Social 1h 8m , Other 30m * Sat 3 Sep : Entertainment 2h 1m , Productivity & Finance 1h 43m , Social 33m (Total = 4h 56m) |
| **Reflection:** | Write 2-3 sentences (40-60 words) in response to each of the questions below. |
| **Questions and responses:** | * Are there any trends you noticed in your behavior?   *-> My screen time will* ***depend on the schedule****, if it has any classes (week day), I tend to use the “Productivity category” the most (e.g., Goodnotes, Google Calendar), in contrast, on the weekend, I tends to use “Entertainment Category” (e.g., YouTube, Netflix) because I have more time to relax compared to the week day. But this is just an assumption, it could be changed based on the event.*   * Are there factors that influence your decision-making?   *-> The factors that influence my decision-making would be relevant and realistic (able to prove). For instance, if I fail the exam, the factor that should be considered: Before & After Behavior (e.g., read books, do activities).*   * Is there anything you identified that might influence your future behavior?   *Type your response here*  -> Factors that might influence my future behavior would be things in the present, since you might not know about the future, the only thing to make an assumption is to base on the current situation (+ past), build models, and see the tendency/chart. |