

# CPIS428

## Professional Computing Issues

### Final Project

Dr. Hanaa Namankani

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## 1- What are the points that resonate the most with you?

“Never before in history have 50 designers – 20–35-year-old white guys in California – made decisions that would have an impact on two billion people? Two billion people will have thoughts that they didn’t intend to have because a designer at Google said this is how notifications work on the screen that you wake up to every morning” ref: 09:08

As students, we spend our time working on projects that include designing interfaces. It is fascinating how a simple design decision, such as the color of notifications, would affect two billion people.

“If you are not paying for the product, then you are the product” ref: 13:20

This quote made us value -even more than before- our time, attention, and energy. We became more appreciative of ourselves and our power. We are more determined on making the most out of these resources, which are considered products on the social media market.

“There are only two industries that call the customers ‘users’: illegal drugs and software”  
ref:30:50

We have been studying technology for five years, yet we have never thought about the term ‘users’ before. It is scary how we subconsciously objectified people.

## 2- Do you think social media manipulates people? Explain and support your argument.

Yes, in a certain way. We do not believe that social media directly manipulates people. However, it suggests and displays content that may direct people to adopt a perspective or trigger them into taking action. For instance, the way app notifications are designed and presented to the user can indirectly manipulate people.

3- Do you plan or have already taken actions towards your use of social media?  
What are the actions?

<b>Raneem Alshareef</b>	<p>Due to my extensive use of social media, I realized I was exposed to a huge number of rumors. Additionally, I started seeing everyone copy whatever is trending. Everyone has the same opinions and perspectives, no one has its own solid personality. All these things made me feel frustrated and bored. Nothing is interesting anymore on social media, it is all repeated.</p> <p>Therefore, I took action.</p> <ol style="list-style-type: none"> <li>1. I resisted the urge to open any social media apps even when I had notifications or saw others using their phones.</li> <li>2. I only used my phone to make and receive calls, and for GPS navigation when needed.</li> <li>3. I started reading books on my phone by downloading ebook apps instead of mindlessly scrolling social media.</li> <li>4. I began listening to audiobooks while commuting or doing chores to take advantage of extra time.</li> <li>5. I developed an exercise habit by joining a local swimming club and swimming regularly.</li> <li>6. I practiced mindfulness to be more present and focus on one task at a time instead of multitasking.</li> <li>7. I started planning my days better and utilizing my time more effectively since I was no longer wasting time on social media.</li> <li>8. I became more productive at work and school since I was more focused and fresh, instead of distracted.</li> <li>9. I found new hobbies and interests beyond what I normally saw on social media, which helped me grow as a person.</li> <li>10. I started spending more time reflecting on myself, asking what I truly loved doing and what brought me joy, to rediscover my passions.</li> </ol>

<p><b>Elaf Aloufi</b></p>	<ol style="list-style-type: none"> <li>1. Trying to utilize the time spent on social media.</li> <li>2. Setting time limits for daily social media use.</li> <li>3. Limiting the personal information shared on social media platforms.</li> <li>4. Verifying information before sharing.</li> <li>5. Being selective in choosing whom you follow and engage with.</li> <li>6. Avoid comparing myself to others.</li> <li>7. Unfollowing or muting accounts that promote unhealthy comparisons or have negative content.</li> <li>8. Taking breaks from social media when feeling overwhelmed or stressed.</li> <li>9. Educating myself about online privacy and security.</li> <li>10. Maintaining positive feeds by regularly reviewing and auditing the accounts followed.</li> </ol>
<p><b>Aisha Alsaggaf</b></p>	<ol style="list-style-type: none"> <li>1. Set specific goals: Define why I want to use social media and what I hope to achieve.</li> <li>2. Establish time limits: Set designated time slots for social media use and stick to them. Use timers or alarms to remind myself when it's time to log off.</li> <li>3. Disable notifications: Turn off or limit notifications from social media apps to reduce distractions and the urge to constantly check my accounts.</li> <li>4. Curate your feed: Unfollow accounts that don't align with my interests or values. Follow accounts that provide value, inspiration, or educational content.</li> <li>5. Take regular breaks: Incorporate periods of time throughout the day or week where I completely disconnect from social media.</li> <li>6. Practice mindfulness: Be aware of how social media makes me feel and its impact on my well-being.</li> <li>7. Engage in offline activities: Find hobbies, exercise, read books, spend time with loved ones, or pursue other interests that don't involve social media.</li> <li>8. Set boundaries: Establish rules for myself regarding when and where I can use social media.</li> <li>9. Seek support: Share my goals and challenges with friends or family members who can provide encouragement and accountability.</li> <li>10. Regularly evaluate and adjust: Reflect on my social media use and its impact on my life.</li> </ol>

<p><b>Rahaf Dawoud</b></p>	<ol style="list-style-type: none"> <li>1. Prioritize important things such as my studies, sleep, health, etc.</li> <li>2. Limit screen time.</li> <li>3. Never subscribe and always switch off notifications.</li> <li>4. Don't join chatrooms.</li> <li>5. Don't click on ads.</li> <li>6. Delete apps that create obsession such as TikTok.</li> <li>7. Remove gaming groups that waste time.</li> <li>8. Specify 2 hours a day for using social media for entertainment.</li> <li>9. Subscribe to healthy content.</li> <li>10. Report disturbing content</li> </ol>
<p><b>Ragad AlTamimi</b></p>	<ol style="list-style-type: none"> <li>1. I have unfollowed accounts that make me feel bad about myself or trigger negative emotions.</li> <li>2. I have limited my overall time spent on social media each day.</li> <li>3. I have turned off push notifications to reduce the constant need to check social media.</li> <li>4. I have set specific times of the day to check social media and stick to them.</li> <li>5. I have created a list of positive and uplifting accounts to follow.</li> <li>6. I use social media for a specific purpose, such as staying connected with friends or learning new topics.</li> <li>7. I take regular breaks from social media, such as a day or weekend off.</li> <li>8. I use apps or browser extensions to limit my access to social media during certain hours or days.</li> <li>9. I practice mindfulness techniques before and after using social media to help manage my emotions.</li> </ol> <p>I have experimented with different social media platforms to find ones that align with my values and provide a more positive experience.</p>

<p><b>Leen AlSulami</b></p>	<ol style="list-style-type: none"> <li>1. I identify my triggers for negative social media use and develop a plan to avoid or manage them.</li> <li>2. I use social media in moderation and balance it with other activities, such as exercise, hobbies, or spending time with loved ones.</li> <li>3. I use privacy settings to control who can see my posts and limit exposure to negative feedback or comments.</li> <li>4. I reframe my mindset about social media and recognize its limitations in providing validation or happiness.</li> <li>5. I practice gratitude for the positive aspects of my life outside of social media.</li> <li>6. I have learned to recognize the signs of social media addiction and take steps to address it.</li> <li>7. I avoid comparing myself to others on social media and recognize that people often only present their best selves.</li> <li>8. I have taken steps to reduce my exposure to negative news or content on social media, such as muting certain keywords or topics</li> <li>9. I take a social media detox or digital detox to reset my relationship with technology.</li> <li>10. I reflect on my values and goals and how social media aligns with them and make deliberate choices about how to engage with it.</li> </ol>
<p><b>Manar Altairy</b></p>	<ol style="list-style-type: none"> <li>1. Set limits on my daily usage of social media.</li> <li>2. Avoiding social media during mealtimes or before bed</li> <li>3. Use social media wisely and to my advantage in my academic life.</li> <li>4. Only share good things.</li> <li>5. Follow people who share my passions.</li> <li>6. Never disclose my private data on social media.</li> <li>7. Knowing the rules of each platform I use</li> <li>8. Take a break from time to time.</li> <li>9. Recognize that not everything I see on social media is true.</li> <li>10. Avoid spreading harmful material to a wide audience.</li> </ol>

<p><b>Shatha Alzahrani</b></p>	<ol style="list-style-type: none"> <li>1. I set clear boundaries for my social media use, including how much time I spend on it each day and when I check it.</li> <li>2. I unfollow accounts that make me feel bad about myself or trigger negative emotions.</li> <li>3. I focus on quality over quantity when it comes to my social media connections and interactions.</li> <li>4. I use social media as a tool for self-expression and creativity, rather than a platform for validation or approval.</li> <li>5. I take regular breaks from social media to prioritize my mental health and well-being.</li> <li>6. I use social media to connect with like-minded individuals and build a community around shared interests.</li> <li>7. I limit my exposure to negative or harmful content on social media by muting or blocking accounts as needed.</li> <li>8. I use social media to learn new things and expand my knowledge base, but I am critical of the information I consume and fact-check before sharing.</li> <li>9. I practice self-care and set aside time for activities that bring me joy and fulfillment outside of social media.</li> <li>10. I regularly evaluate my social media use and adjust my habits as needed to ensure that it aligns with my values and goals.</li> </ol>
<p><b>Mona Alharbi</b></p>	<ol style="list-style-type: none"> <li>1. Set daily goals and content.</li> <li>2. I set my accounts to private and review the default privacy settings to control who sees what on the accounts.</li> <li>3. Maintain with right tools.</li> <li>4. I'm careful about the personal information I reveal about myself online. This can be used by cybercriminals for social engineering.</li> <li>5. Do not click on links in posts, tweets or direct messages unless I am 100% certain that they are genuine and well-intentioned.</li> <li>6. Check the current Trends.</li> <li>7. I don't respond to negative reviews or comments.</li> <li>8. I post positive things that make people happy.</li> <li>9. I try to use social media for only 3 hours.</li> <li>10. I answer questions and provide useful information to my followers</li> </ol>