







W01 – Data Gathering

CASE STUDY: Data is all around us and can be gathered in a variety of ways.

You will be using the sheets at https://cit111byui.github.io/files/data_gathering_activities.pdf to gather your own data this week.

The data gathering will be very informal. You will take the sheet you find on the pdf file and print them out. Some data gathering will take 3 days for you to collect. Then you will record that data you gathered on each sheet.

The first sheet is to gather data on what distracts you. You will fill in a color with colored pencils, markers or crayons on the Color Code key for each category of distraction. Then for each day you will fill in a small square of that color each time you are distracted in that category. You will do this for 3 days. Here is an example with just the first day filled out:

DISTRACTIONS What distracts you from accomplishing your daily tasks? Keep your journal for three days and make notes of your distractions. You'll be surprised to see what distracts you the most! - Any color of pen or pencil can be used. - Before you begin, write down the date. - For every distraction, color in a box with the distraction. Color Code | | | |---|----------------------| |  | Internet | |  | Social Media | |  | Digital Interaction | |  | Something Happening | |  | Someone in Real Life | |  | Other | Date: 3 / 06 / 20 Date: / / Date: / /

The second sheet is gathering information about what worries you. You don't necessarily need to keep track of your worries for 3 days. You may already know what worries you, or you can

just keep track of different times you worry for those 3 days. It's up to you. Fill in the Color Code key with a color for each category you worry about. In addition to the color for each worry you are going to take this a step further and decide if that particular worry is something that won't happen, or if that worry is out of your control, or isn't your responsibility or if it is in your control and you can do something about it. These categories are represented by a pattern that you will use to fill in the gumballs. So, each worry will not only have a color but a pattern as well. Each worry is represented as one gumball. You do not need to fill in every gumball. Hopefully you don't have that many worries. Here is an example:

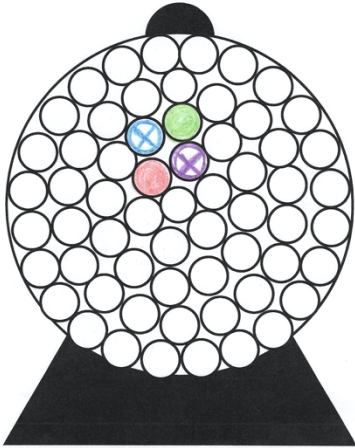
MY WORRIES

What do you worry about, and is this worrying often unnecessary?

For three days, whenever you worry, make a note. Once it's logged, do your best to stop worrying.

Draw your worries. following theses rules.

1. Each SYMBOL= one worry
2. COLOR= What you're worrying about
3. The symbol's PATTERN= your reflective assessment of the worry
4. Color in the circles with your worries.



Data was taken from _____ to _____

MONEY

WORK/STUDY

THE WORLD

FRIENDS/ROOMMATES/SIGNIFICANT OTHER

Color Code

- MONEY
- WORK/STUDY
- THE WORLD
- FRIENDS
- FAMILY
- MYSELF
- OTHER

Patterns

- Worry won't happen
- Worry is out of my control
- Worry isn't my responsibility
- Worry is in my control, and I can do something about it!

The third sheet doesn't require 3 days of data gathering. You can sit down with your phone or your computer and look at the last 20 photos you have. Preferably these will be photos you took. Each photo will fit into a category of where it was taken and also what type of photo it is. So, like you did with worries, you will have a color and a symbol representing each photo. Also, you can connect each photo with a small line between the rectangles if they are a photo of the same thing over and over. Here is an example:

MY CAMERA ROLL

What do you like to take pictures of?

Open the photo album on your phone and/or computer.
Look at your last 20 photos that you took.

Record your pictures on the following chart!

Each photo is represented by a COLOR and a SYMBOL.

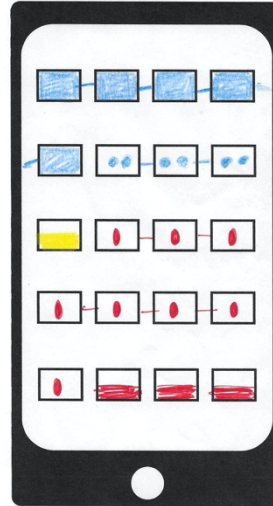
1. COLOR= the location of the photo

	Home
	Work
	Social Setting
	Outdoors
	School
	Car
	Other

2. The SYMBOL= the type of the photo you took

	Selfie
	Group/Others
	Landscape/Cityscape
	Interior/Still-life
	Documentation
	Screenshot

3. Connect multiple photos taken of the same thing.



Hopefully this will be eye opening for you and help you understand that the data you gather can then be used to improve our lives. We will be using this data in our homework that is due this week. So do a good job of gathering and recording your data.