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HSS 371

5 February 2015

Technology Diary

**Saturday, January 31st**

**Totals:**

*Number of times I checked my phone: 47*

*Phone Screen on time: 2 hours 49 minutes*

*Time spent on laptop: ~2 hours 15 minutes*

*Time spent playing video games: ~1 hour 30 minutes*

*Time spent watching TV (and Live Streams): 2 hours 30 minutes*

***Time spent on technology:*** *9 hours, 9 minutes.*

***Time spent awake:*** *~14 hours.*

***% of Time Awake Interacting with Technology: 65.4%***

**Rough Timeline of Day:**

Woke up at 1:15 PM.

Immediately checked phone, scrolled down Reddit and Tumblr for ~20 minutes.

1. This required technology, clearly.
2. I enjoy what I read on Reddit most of the time, so it was a generally positive experience.
3. I was not multitasking.
4. Positive overall, though a bit of a waste of time. It might have been more beneficial to get up and start the day, but I was in no rush to do that.

Programmed on my computer for an hour and a half.

1. I suppose I could have written code on paper, but that would have been pointless.
2. This was surprisingly enjoyable. I like seeing things I create come to life and working the way they should.
3. I was not multitasking; I was pretty dedicated to this single task.
4. This was positive; I got stuff done.

I got texts from friends to meet them at Pierce, then went to play and practice Smash Bros with a crew of people.

1. This also required technology; texts are a quick and easy way to communicate, and you can’t play video games without technology; that’s paradoxical.
2. I was excited to play Smash Bros with my friends, though kind of frustrated that I had to actually get up, get dressed, and go out.
3. I was multitasking; I texted them as I got ready to go, and as I was walking up towards Pierce. I think this was effective; it didn’t take any more time to text while walking and it helped me inform them as to when I’d be arriving.
4. This was also positive.

Did physics homework online.

1. This assignment would have been no worse for not being online, but because it was online, I had to use my computer. I actually don’t like online homework sites like MasteringPhysics and WileyPlus, and feel I tend to better understand what I’m doing when I have problems written on paper and can write all over them.
2. This was frustrating because the homework assignment was tedious.
3. I was listening to music while doing this, so I was multitasking. This was helpful, as it let me ignore the noises around me.
4. Overall this was a neutral experience; homework has to be done, and it being online isn’t terribly worse than it being elsewhere.

Watched Apex 2015 livestreamed from 9:45 until 12:15, or for 2 and a half hours.

1. This particular thing could only have been seen on a Twitch.tv livestream, and it let us see a very exciting event live that we otherwise wouldn’t have been able to.
2. This was very exciting; Apex is a fighting game tournament (primarily Smash Bros), so my friends and I were cheering for most of the time.
3. I was checking my phone and computer sporadically during this time, so yes. I was able to keep track of everything, but it was probably switch-tasking more so than it was multitasking.
4. This was a very positive experience; hung out with friends and watched our equivalent for “the big game.”

**Wednesday, February 4th**

**Totals:**

*Number of times I checked my phone: 89*

*Phone Screen on time: 3 hours 12 minutes*

*Time spent on laptop: ~3 hours 30 minutes*

*Time spent playing video games: ~2 hour 00 minutes*

*Time spent watching TV (and Live Streams, and YouTube Videos): 0 hours 15 minutes*

*Time spent listening to music (special case): 2 hours 15 minutes*

***Time spent on technology:*** *11 hours, 12 minutes.*

***Time spent awake:*** *~19 (including midnight - 3:00AM) hours.*

***% of Time Awake Interacting with Technology: 58.9%***

**Rough Timeline of Day:**

Midnight rolls around, I’m on my phone. Finally I decide to go to bed, only to realize the people next door are being ridiculously loud. This continues for over an hour when I finally decide to put on my noise cancelling headphones and listen to classical music while trying to sleep. Around 3:00 AM, I finally did. They were still talking.

1. This needed technology; I didn’t have earplugs and having a pillow over my head did nothing to block out the din from next door.
2. This was the product of anger and fury. It was 2:30 AM on a Tuesday night. They were entirely inconsiderate, and texting my RA was ineffective, to put it lightly. I resorted to these bulky headphones to try to sleep, which I eventually succeeded in doing.
3. If listening to music while trying to sleep is multitasking, then sure.
4. This was a negative experience in my mind, but the technology was my saving grace.
5. I woke up at 5:00 AM and turned off the music; they had finally gone to sleep at some point.

I woke up to my alarm around 9:30 AM, checked Reddit, got up, and went to class.

1. Digital alarms of any kind are a wonderful invention, and I get to listen to calm music to wake me up in the morning, which is a plus.
2. This was an overall negative experience, as I hate waking up in the morning, especially after having been kept up until 3 AM by obnoxious neighbors.
3. Nope, I was doing one thing at a time, rather slowly.
4. I was exhausted and drained, but that’s not the technology’s fault.

Checked my phone sporadically during my classes.

1. The time probably would have been better spent paying attention or writing notes, but that didn’t happen. It helped me not get worn out during the day, I suppose.
2. No real emotional response to this.
3. Yes, I was taking notes and listening while doing this, but I’m sure it made it harder for me to really pay attention.
4. Neutral.

Programmed in my room for a while (déjà vu).

1. I suppose I could have written code on paper, but that would have been pointless.
2. This was surprisingly enjoyable. I like seeing things I create come to life and working the way they should.
3. I was not multitasking; I was pretty dedicated to this single task.
4. This was positive; I got stuff done.

Went and played Smash Bros with friends.

1. You need technology to play video games.
2. This was fun.
3. I wasn’t multitasking except that I was recording us as we played.
4. This was a positive, social bonding experience.

Went to the gym, watched YouTube while on the elliptical rider.

1. Firstly the elliptical rider is a machine, and having my phone there helped.
2. This was a good thing; it’s easier to work out if I distract myself while doing so.
3. I was pretty focused during the workout.
4. This was positive. Exercise is good.

Read, and did homework on the computer.

1. Typing is easier on a computer, though I tend to prefer reading real books.
2. This was neutral; homework is homework.
3. I was getting distracted by websites and stuff, so in that sense I was multitasking a little.
4. This was a neutral experience.

**Conclusions:**

Over half of my day is spent using technology, and almost two thirds of my day is spent on it on the weekend; this isn’t too surprising but it is remarkable.

I check my phone less often on the weekend, but use it for longer durations each check.

My laptop usage and media consumption seem to stay pretty close to equal on the weekend and during the week.

All in all, nothing here was revolutionary to me, but it was interesting (and a bit disheartening)s to keep tabs on myself as I used technology throughout the day.