**ASSIGNMENT:::** Media Fast

**WHAT:::**  This project will consist of exercises and readings to be done with the class.

**Technical:** This assignment has few technical components, and relies heavily on your ability to listen and participate in the conversation with the rest of your classmates about how we experience the world.

During class, we will each spend one hour alone without any media and/or technology stimuli. We are using those terms *very* broadly. Separate yourself physically from your phone. If that feels unsafe (not just uncomfortable), turn your phone off (not on any airplane/do not disturb mode, but off). Please have a spot outside picked out, or a route to go for a walk, and proper clothing to stay comfortable.