

ACTIVITY: MEDIA USE LOG

Think of the past week, and record your use and interaction with media and information providers (such as internet, social media, TV, radio, newspaper, etc.). Indicate how many hours were spent engaged with each one. These do not have to be exact, and you can estimate the number of hours you spent each week.

WEEKLY MEDIA USE LOG

MEDIA OR INFORMATION PROVIDER	Number of Hours in a Week

What social media are you mostly hooked to? Why?