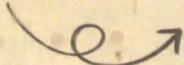


DAY 1

INSTRUCTIONS

★ Please visit the following online survey. ★

QR CODE To
DAY 1 SURVEY



[HTTPS://TINYURL.COM/DRM-PACKET-A](https://tinyurl.com/DRM-PACKET-A)

Thank you!

!Doodle Zone!





Doodle
4
Life

DAY 2

Pg. 10



New day, new packet!

Let's start this day
with a riddle!

Riddle:

What has two hands but can't clap?

clock

DAY 2

Pg. 11

INTRODUCING MAPPING EMOTIONS EXERCISES

★ We're here to help you feel inspired and ready! ★

The following exercises are designed to spark your creativity and get you prepared for the "Day Reconstruction Diary."

Be **BOLD.**

be **EXPRESSIVE.**

...and don't hold back -- this is your space to explore your thoughts and feelings freely. Remember, there are no "right" answers here, just opportunities to dive into your unique perspective.

Again, this is your private diary that you do not need to share with us.

Today's Mapping Emotions Exercises should take about **20** minutes to complete.

OKAY, LET'S GET STARTED!

HOW WAS
YOUR DAY?



Can you recall any good moments that happened recently, or even today? What happened? How did it unfold? What kinds of **EMOTIONS** did you feel? How did you react?



EMOTION is a subjective, involuntary response to an event, expressed through physical and mental reactions (like behaviors or reflections). It aids communication and is partly within our control.

Reflect upon a particular moment involving technologies that had a noticeable, positive effect for you. Feel free to jot down some simple drawings or descriptions of the moment.

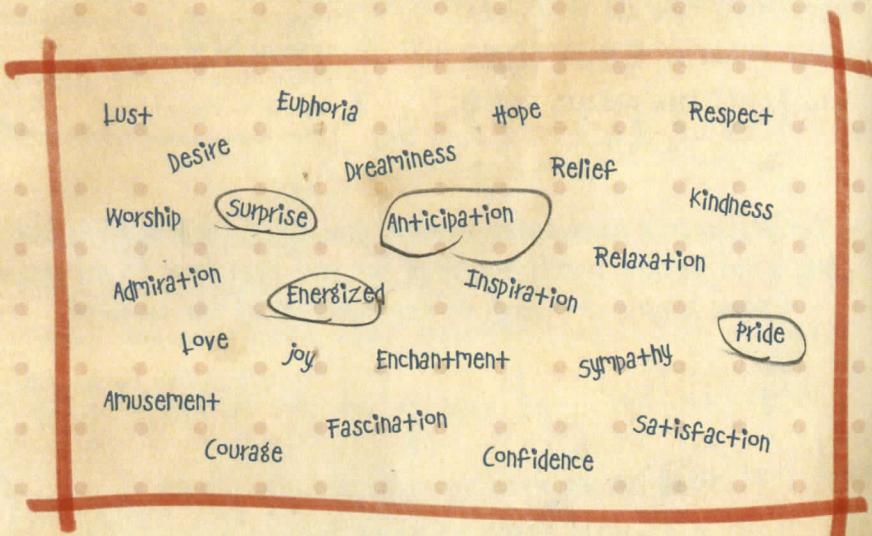
My brother got accepted to Cornell, I first found out via a text screenshot of his letter, and then called him. The moment made me feel super excited and shocked, and honestly felt pretty surreal.



CAPTURING THE MOMENT

Please reflect on your experience from the previous exercise in step-by-step detail, using several positive emotions from the word bank below.

If none of the provided words feel right, feel free to use your own to best capture your experience.



First... I felt surprised that he got it and the suddenness of the text.

Then... I got incredibly excited and energized, springing up from bed and walking around while calling him.

Finally... I anticipated his decision and his potential experience at Cornell, and felt a great deal of pride in him.



Oh wow! More doodle space!

Positive Moments of Life

INSPIRED

Can you think of a situation that made you feel '**INSPIRED**'?
What happened? What did you do?
How did you respond? What was in your mind? How did you express your feelings?



INSPIRED

To experience a sudden feeling of creative impulse.

I felt inspired when... I was running during a starry night. Things just felt incredibly vivid and profound, and it made me want to seize life. This just translated into some faster stints of running and happiness.

Positive Moments of Life

CONFIDENT

Can you think of a situation that made you feel '**CONFIDENT**'?
What happened? What did you do?
How did you respond? What was in your mind? How did you express your feelings?



CONFIDENT

To experience faith in yourself or your abilities to accomplish something.

I felt confident when... I was taking a prelim recently for a class I care deeply about and had studied a lot for. While taking the test and discussing it afterwards, I felt a great deal of pride.

Positive Moments of Life **SYMPATHETIC**

can you think of a situation that made you feel '**SYMPATHETIC**'?
What happened? What did you do?
How did you respond? What was in your mind? How did you express your feelings?



SYMPATHETIC

To experience an urge to connect with someone's misfortune or distress.

I felt sympathetic when... in lab meeting one of my peers/friends was emotionally shaking how hard it was to grow up in her family with ADHD. I felt pain for her experience, but was grateful she shared and privately commended her for her vulnerability.

SAY IT WITH
STICKERS!



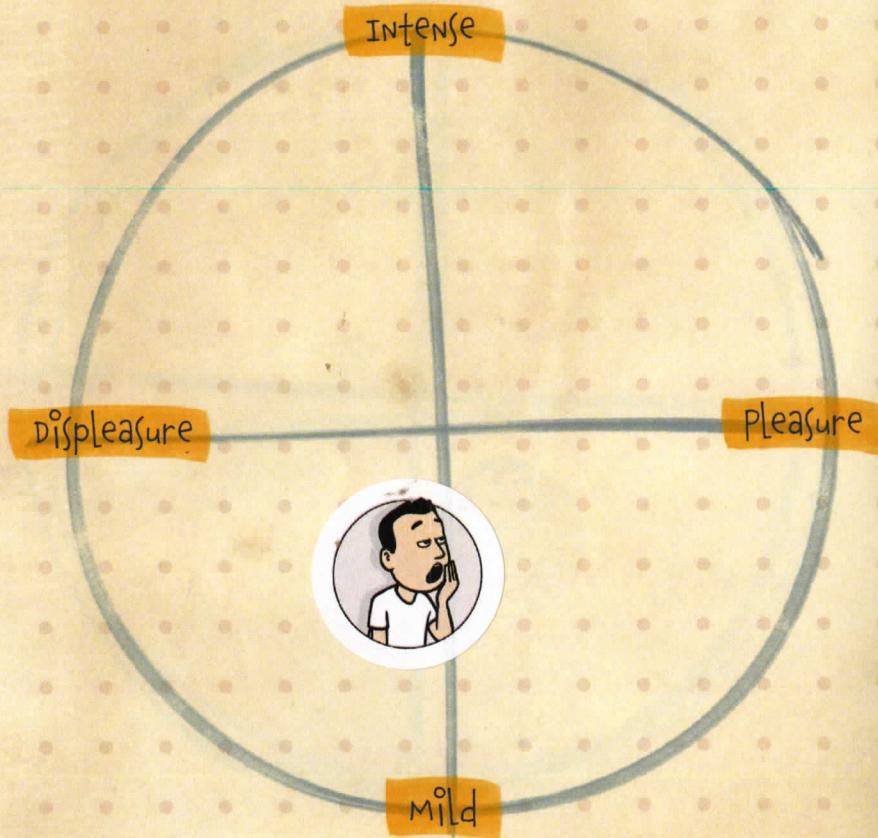
MAPPING OUR **FEELINGS**

1. Choose **one technology** you frequently use (e.g., laptop, headphones, streaming service).
Use the **provided stickers** (included in the packet) on the next few pages to express how you felt while using the technology one time recently.
2. Think about why you felt that way, and reflect upon any **details** that stand out.

Frequently used technology

Laptop

What did it feel like to use it?
(Place a couple of stickers on the circle below)



DAY 2

Pg. 26

DAY 2

Pg. 27

That's all for today!

Going forward, there will be an online survey
for each day, but there isn't one today.

Please go about the rest of your day normally
and tomorrow set aside 1 hour to complete
Day 3's SURVEY.

THANK YOU!

Because many people find it difficult to remember what exactly they did and experienced, we will do this in 3 steps:

1. First, we will ask you what day of the week yesterday was, as well as when you woke up and when you went to sleep ~~yesterday~~.

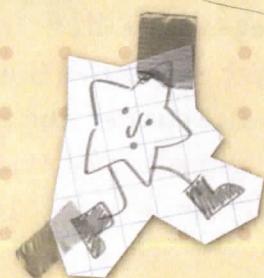
2. We'd like you to reconstruct what your day was like, as if you were writing in your diary. **Where were you? What did you do and experience? How did you feel?** Answering the questions on the next page will help you to reconstruct your day.

3. After you have finished reconstructing your day in your diary, we will ask you specific questions about this time (these questions are in today's online survey which you can access by QR code or URL a few pages down). In answering these questions, we'd like you to consult ~~your~~ your diary page and the notes you made to remind you of what you did and how you felt.

Please do not start the online survey until you complete today's diary pages.

To begin, please circle the day of the week that **YESTERDAY** was:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



Diary Pages

About what time did you wake up yesterday? ~8:00 AM

And when did you go to sleep? ~12:00 AM (Midnight)

On page 40, please describe moments of your day when you used technologies to boost your mood.

Think of your day as ~~a~~ continuous series of scenes or episodes in a film. Give each episode a brief name that will help you remember it (for example, "commuting to work", or "at lunch with B", where B is a person or a group of people).

Write down the approximate times at which each episode began and ended. The episodes people identify usually last between 15 minutes and 2 hours.

Indications of the end of an episode might be going to a different location, ending one activity and starting another, or a change in the ~~people~~ people you are interacting with.

There is **1 page** for the following parts of the day:

MORNING (from waking up until noon)

AFTERNOON (from noon to 6:00 pm)

EVENING (from 6:00 pm until you went to bed)

There is room to list **3 episodes** for each part of the day -- use the breakdown of your day that makes the most sense to you and best captures what you did and how you felt when interacting with TECHNOLOGIES THAT BOOSTED YOUR POSITIVE EMOTIONS.

Try to recall each episode in detail and write a few words that will remind you of exactly what was going on. Also, try to remember how you felt, and what your mood was like during each episode. What you write only needs to make sense to you to help you remember what happened when you are answering the ~~10~~ questions in today's online survey.

proceed to next page >>>

NOTES TO YOURSELF
(WHAT HAPPENED / WHAT DID YOU FEEL)

TECHNOLOGY USED
(HARDWARE/ SOFTWARE)

EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED
EX Looking at photos	11:30 AM	11:50 AM	Phone, Photos app
1M Breakfast (Podcast)	8:30 AM	9:00 AM	(YouTube) Phone, Airpods, Headset
2M Library	10:20 AM	11:40 AM	Computer, Email, Stack, Passive work
3M DR Notes	11:40 AM	12:50 PM	Computer, Docs
1A Lab Meeting	1:45PM	2:45PM	Computer, Docs
2A Hb/Job app	2:55PM	4:00PM	Computer, Docs
3A Run & Arts Quad	5:10 PM	6:00 PM	Watch/Phone
1E Dinner w/ CRC	6:30PM	8:00PM	Phone, photos app
2E Hanging Out on Slope	8:05PM	8:25PM	Phone, Computer
3E Music while working	9:00PM	10PM	Airpods, Phone

DAY 3

Pg. 40

★ Please look over your diary once more. ★

Are there any other episodes that you'd like to revise or add more notes to?

Is there an episode that you would want to break up into two parts?

If so, please go back and make the necessary adjustments on your diary pages.

If not, you may go on to today's online survey.

QR CODE TO
DAY 3 SURVEY

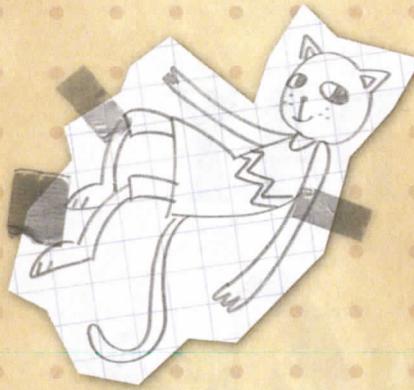


45
minutes

[HTTPS://TINYURL.COM/DRM-PACKET-C1](https://tinyurl.com/DRM-PACKET-C1)

DAY 3

Pg. 41



DODDLE
4
LIFE

DAY 4

Pg. 44



How's it going?
↳ Sleepy!

Hope you're finding moments
of curiosity in your day!

DAY 4

Pg. 45

Up Next >>>

DIARY PAGES

DAY 5

Pg. 56

★ Please do not start the online survey
until you complete today's diary pages. ★

To begin, please circle the day of
the week that YESTERDAY was:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



DAY 5

Pg. 57

Diary Pages

About what time did you wake up yesterday? 6:30

And when did you go to sleep? Midnight

There is 1 page for the following parts of the day:

MORNING (from waking up until noon)

AFTERNOON (from noon to 6:00 pm)

EVENING (from 6:00 pm until you went to bed)

There is room to list 3 episodes for each part of the day -- use the breakdown of your day that makes the most sense to you and best captures what you did and how you felt when interacting with TECHNOLOGIES THAT BOOSTED YOUR POSITIVE EMOTIONS.

Try to remember each episode in detail and write a few words that will remind you of exactly what was going on. Also, try to remember how you felt, and what your mood was like during each episode. What you write only needs to make sense to you, and to help you remember what happened when you are answering the ~~the~~ questions in today's online survey.

proceed to next page >>>

EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/SOFTWARE)	NOTES TO YOURSELF (WHAT HAPPENED? WHAT DID YOU FEEL?)	
				Tired, Nervous	Quiet, Anticipatory
1M Preparing for Day	6:30	6:50	Alarm,		
2M Driving	7:00	8:00	Car Radio		
3M Coordination	9:00	11:00	Phone	Active, Engaged	
1A Running	12:13	12:48	Watch	Hill ↗ Exhausting, euphoric.	Engaged
2A Coordination w/ Teammates	1:00	3:00	Phone		Determined, Focused
3A Running	3:27	4:00	Watch		
1E Final Coordination	4:10	6:00	Phone	Engaged, Anticipatory, Hungry	Happy, loved
2E Stranded Final Run	6:00	8:00	Watch/Phone		
3E Homework			Computer	Exhausted, Bored	

Up Next >>>

DIARY PAGES

DAY 7

Pg. 76

★ Please do not start the online survey
until you complete today's diary pages. ★

To begin, please circle the day of
the week that **YESTERDAY** was:

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Monday



DAY 7

Pg. 77

Diary Pages

About what time did you wake up yesterday? 1:00 PM

And when did you go to sleep? 1:00 AM

There is **1** page for the following parts of the day:

MORNING (from waking up until noon)

AFTERNOON (from noon to 6:00 pm)

EVENING (from 6:00 pm until you went to bed)

There is room to list **3** episodes for each part of the day -- use the breakdown of your day that makes the most sense to you and best captures what you did and how you felt when interacting with TECHNOLOGIES THAT BOOSTED YOUR POSITIVE EMOTIONS.

Try to remember each episode in detail and write a few words that will remind you of exactly what was going on. Also, try to remember how you felt, and what your mood was like during each episode. What you write only needs to make sense to you, and to help you remember what happened when you are answering the ~~the~~ questions in today's online survey.

proceed to next page >>>

DAY 7

Pg. 78

EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/ SOFTWARE)	NOTES TO YOURSELF	
				WHAT HAPPENED/ WHAT DID YOU FEEL?	
1M	Course Registration	8:05	8:30	Computer	Stressed, Anxious
2M	ASL Class	10:10	11:00	Projector Screen	Slightly monotonous/Bored
3M	Big Lecture	12:10PM	1:00 PM	Computer	Slightly monotonous/Bored
1A	Texting for lunch	1:00	1:10	Phone	Excited, Interested
2A	Lab Hours	1:00	4:00	Computer	Patient, Productive, Nervous
3A	Work	4:30	4:55	Computer	Fine, Unproductive
1E	Social Media checking	5:30	6:05	Phone	Neutral
2E	Run/Walk	8:40	9:05	Phone, Watch	Good
3E	Studying	11:40 AM	12:42 AM	Computer	Tired, Worn out
DAY 7				Pg. 79	