

# DAY 1

## INSTRUCTIONS

★ Please visit the following online survey. ★

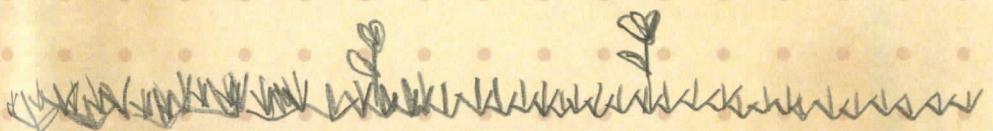
QR CODE To  
DAY 1 SURVEY



30  
minutes

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

Thank you!



# 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?



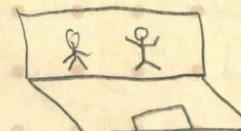
Can you recall any good moments that happened recently, or even today? What happened? How did it unfold? What kinds of **EMOTIONS** did you feel? How did you react?

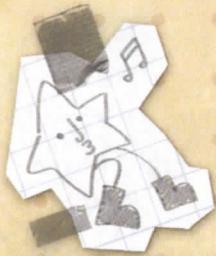


**EMOTION** is a subjective, involuntary response to an event, expressed through physical and mental reactions (like behaviors or reflections). It aids communication and is partly within our control.

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.

A moment when technology made a positive effect on me today was when I was watching my show & something good happened within it that made me feel good.





## 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.

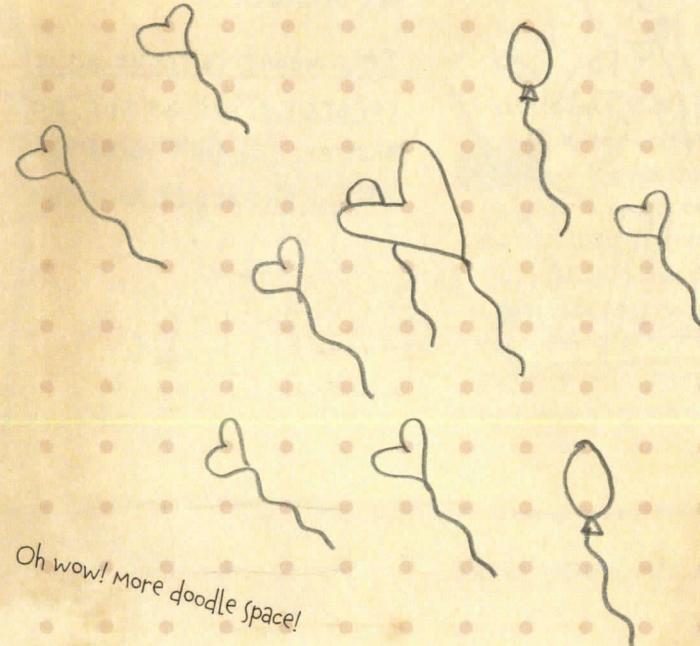
If none of the provided words feel right, feel free to use your own to best capture your experience.

Lust	Euphoria	Hope	Respect
Desire	Dreaminess		
Worship	Surprise	Relief	
Admiration	Anticipation		Kindness
Love	Energized	Inspiration	Relaxation
Amusement	Enchantment	Sympathy	Pride
Courage	Fascination	Confidence	Satisfaction

First... I desired to watch my show because it has helped me de-stress from my energized day.

Then... I fell into dreaminess when I pressed Play on my Show, I was in relaxation for a good while.

Finally... I was relief from all the stress I had all day. Now I was just fascinated with everything going on in my show.



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 learning a new concept in my biology class. This happened when my professor started one lecture with reproduction! I expressed this feeling by talking to my professor & asking for more information to learn more about this topic.

# 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 got a 90% on my exam for Avian. It was an amazing feeling & I was so happy! What I did to express this feeling was to talk to my friends about it.

# 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... my friend from back home called me to express her struggles back at her university. What was on my mind was that I understood her troubles because I went through that too. What I did was just tell her that everything will fall into place over time was right.

SAY IT WITH  
~~STICKERS!~~

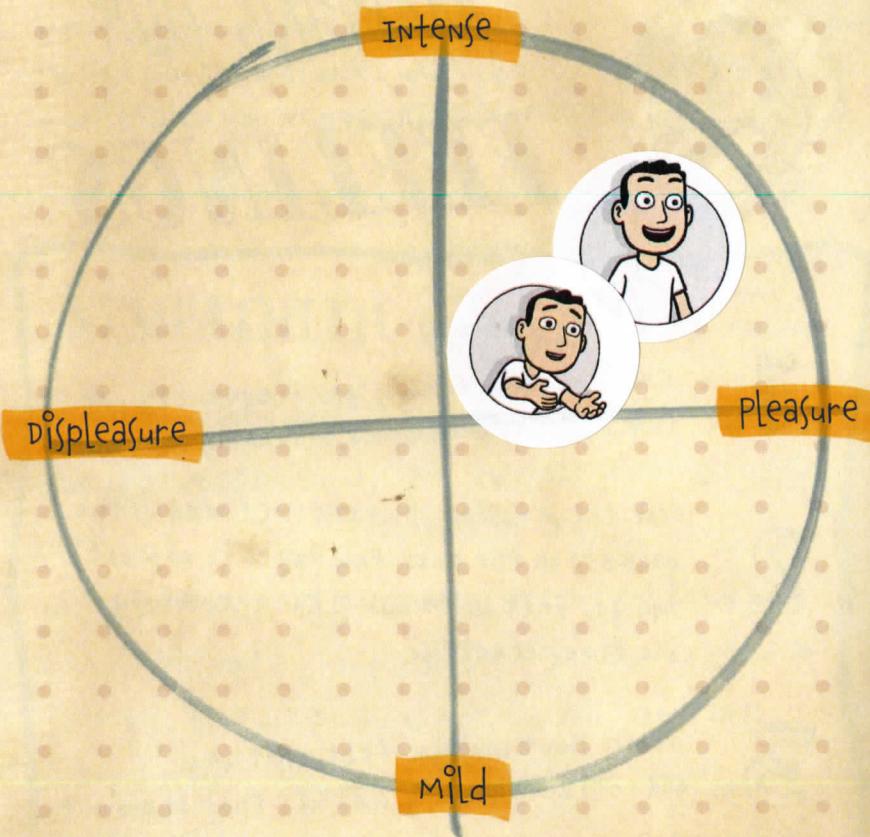


## MAPPING OUR **FEELINGS**

1. Choose **one technology** you frequently use (e.g., laptop, headphones, streaming service).
2. 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.
3. Think about why you felt that way, and reflect upon any **details** that stand out.

Frequently used technology Head phones

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

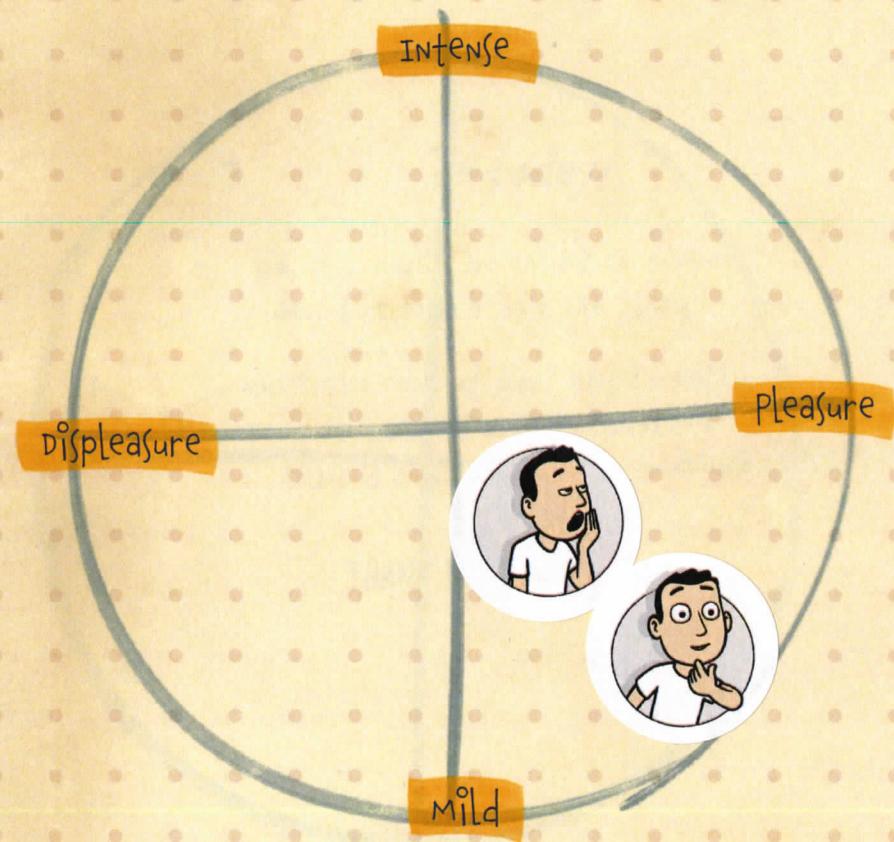


DAY 2

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Frequently used technology Lap top

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

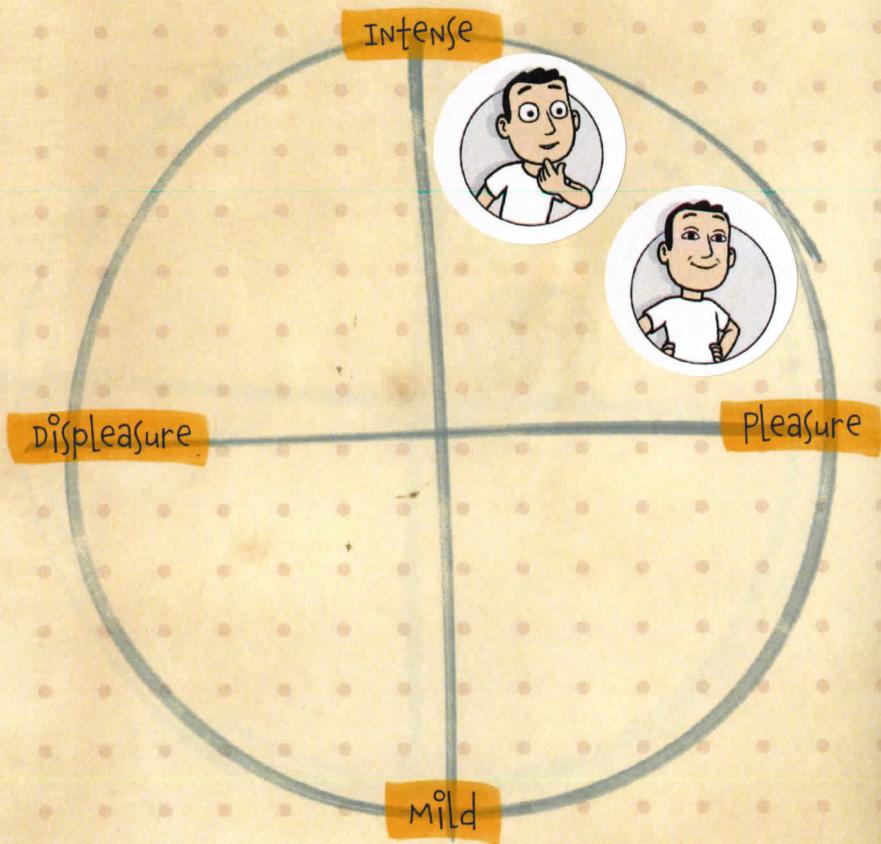


DAY 2

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Frequently used technology Phone

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



DAY 2

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DAY 2

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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!

# Diary Pages

About what time did you wake up yesterday? 11am

And when did you go to sleep? 3am

**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 ~~the~~ questions in today's online survey.

**proceed to next page >>>**

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.

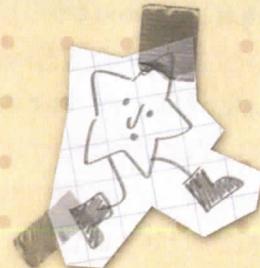
DAY 3

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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 3

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## NOTES TO YOURSELF

(WHAT HAPPENED? WHAT DID YOU FEEL?)

EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/ SOFTWARE)	NOTES
EX	Looking at Photos	11:30 AM	11:50 AM	Study break. Watched video of me playing drums in a band. Felt proud / nostalgic.
M 1M	Going to class	11:40 AM	12 pm	Phone
O 2M				Walking: listened to music happy

**1M**

Going to class

11:40 AM

12 pm

Walking: listened to music happy

**2M****3M****4M****5M****6M****7M****8M****9M****10M****11M****12M****13M****14M****15M****16M****17M****18M****19M****20M****21M****22M****23M****24M****25M****26M****27M****28M****29M****30M****31M**

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DAY 3

★ 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.

QR CODE To  
DAY 3 SURVEY45  
minutes<https://tinyurl.com/DRM-PACKET-C1>

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Up Next >>>

# DIARY PAGES

DAY 5

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★ 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

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# Diary Pages

About what time did you wake up yesterday? 11am

And when did you go to sleep? 3am

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 5

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NOTES TO YOURSELF (WHAT HAPPENED? WHAT DID YOU FEEL?)			
EPISODE NAME	TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/SOFTWARE)
M 1M Getting Ready	11am	12pm	AirPods/Phone
R 2M			
N 3M			
A 1A Project	1pm	4pm	Computer headphones
R 2A			
N 3A			
E 1E Hang out	8pm	12am	Phone
V 2E			
N 3E			
DAY 5			

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Up Next >>>

# DIARY PAGES

DAY 7

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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 7

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# Diary Pages

About what time did you wake up yesterday? 9:00am

And when did you go to sleep? 8:00pm

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

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EPISODE NAME		TIME IT BEGAN	TIME IT ENDED	TECHNOLOGY USED (HARDWARE/SOFTWARE)	NOTES TO YOURSELF (WHAT HAPPENED? WHAT DID YOU FEEL?)
N	1M	Walking to Class	9:40am	10:00am Headphones Phone	AS I walked to class I listened to upbeat music. I felt relaxed & happy.
N	2M				
N	3M				
A	1A	Called my Sister	4:20pm	5:15pm Headphones	We started talking about life & how everything is going well. I felt content.
A	2A				
N	3A				
F	1E	Worked on Project	8pm	10pm Computer headphones Phone	I was using my phone to edit my project as well as my computer. As I was listening to music, I felt inspired & happy.
F	2E				
N	3E				

DAY 7

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