AI-summary-by-question-by-episode

Subject

AI-summary-by-question-by-episode

Research Question(s)

AI-summary-by-question-by-episode

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DC

Insights

NAM

Code summary

6/25/2025 9:53 PM - Jiayi Guo

AI Summary

- Academics: Attending classes, lectures, and discussions; taking exams and quizzes; working on assignments, projects, and homework; pre-enrolling for classes; attending extra credit events; meeting with professors or tutors.

- Extracurricular Activities: Participating in sports (e.g., lacrosse, squash, soccer), dance team practices, acapella concerts, club activities, and community service.

- Social Life: Hanging out with friends, going to events (e.g., concerts, formals, game nights), calling/FaceTiming family and friends, making plans, and spending time with significant others.

- Self-Care: Exercising (e.g., working out, running, walking), getting coffee/meals, showering, winding down (e.g., watching TV, listening to music), and taking care of personal needs.

- Technology Use: Scrolling social media, watching videos/shows, using apps (e.g., Strava, Tiktok), and conducting online interviews or meetings.

- Travel and Transportation: Driving, taking the bus, and walking to various locations on and off campus.

- Miscellaneous: Doing laundry, running errands, and engaging in other daily activities.

Examples of documents mentioning these items:

- Academics: "Taking notes in class", "Doing algo homework", "Pre-enroll for classes"

- Extracurricular: "Dance team practice", "Lacrosse game", "Attended sorority formal"

- Social Life: "Dinner with 2 friends", "Hanging out with friends", "Calling my friend"

- Self-Care: "Morning workout", "Getting coffee", "Watching a show"

- Technology: "Scrolling through Instagram", "Watching YouTube", "Facetiming my brother"

- Travel: "Walking to class", "Driving and listening to music", "Bus ride home"

- Miscellaneous: "Doing laundry", "Baked cookies", "Paid for breakfast"

DO

Code summary

6/25/2025 9:55 PM - Jiayi Guo

AI Summary

- Using laptops, computers, and phones for academic purposes:

- Taking notes in class

- Doing homework and assignments

- Accessing online resources and materials for classes

- Participating in online meetings and group projects

- Accessing online tools like Google Docs, Quizlet, etc.

- Accessing online lectures and course content

- Enrolling in classes

- Conducting research and accessing academic databases

- Using devices for entertainment and leisure:

- Watching TV shows, movies, and videos (e.g. Netflix, YouTube, TikTok)

- Listening to music and podcasts

- Playing video games

- Scrolling through social media (e.g. Instagram, TikTok)

- Relaxing and winding down

- Using devices for communication and connection:

- Texting, calling, and video chatting with friends and family

- Coordinating plans and activities with friends

- Seeking advice and support from others

- Maintaining long-distance relationships

- Using devices for productivity and organization:

- Planning schedules and to-do lists

- Setting alarms and reminders

- Online shopping and ordering

- Accessing maps and navigation apps

- Tracking fitness and health data

- Using devices for academic and professional development:

- Conducting research and accessing academic resources

- Participating in online classes and lectures

- Completing assignments and projects

- Attending virtual meetings and interviews

- Networking and connecting with professionals

- Using devices for creative expression and hobbies:

- Creating and editing content (e.g. photos, videos, music)

- Pursuing creative interests and passions (e.g. art, design, writing)

- Engaging in online communities and forums related to hobbies

- Using devices for health, wellness, and self-care:

- Listening to calming or motivational music

- Accessing meditation and mindfulness apps

- Tracking fitness and exercise data

- Seeking mental health resources and support

- Using devices for spiritual and religious practices:

- Accessing religious or spiritual content (e.g. sermons, prayers)

- Participating in virtual religious or spiritual gatherings

- Engaging in personal devotion and reflection

- Using devices for transportation and navigation:

- Accessing maps and directions

- Coordinating rides and transportation (e.g. Uber, public transit)

- Tracking travel and commute data

- Using devices for food and dining:

- Ordering food delivery and takeout

- Accessing restaurant information and reviews

- Sharing and discussing food-related content

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AI Summary

- Using laptops, computers, and other devices for note-taking, transcribing, and completing assignments/homework (e.g., writing papers, doing problem sets, creating presentations)

- Listening to music, podcasts, or other audio content on headphones/speakers while doing various activities (e.g., working out, walking, getting ready, studying)

- Watching TV shows, movies, and videos (e.g., on Netflix, YouTube, streaming services) for entertainment and relaxation

- Communicating with friends, family, and others via phone calls, video calls (e.g., FaceTime, Zoom), and text messaging

- Using social media apps and platforms (e.g., Instagram, TikTok, Twitter) to scroll, post, and engage with content

- Ordering food and drinks using delivery apps (e.g., DoorDash, Uber Eats)

- Accessing online resources and tools for academic purposes (e.g., research, class materials, course enrollment)

- Engaging in recreational activities like gaming, playing music, and dancing while using various devices

- Utilizing apps and devices for health and fitness tracking (e.g., heart rate monitors, fitness trackers)

- Participating in virtual or hybrid events and meetings (e.g., club meetings, lectures, interviews)

- Accessing news, information, and entertainment content online (e.g., reading articles, watching sports highlights)

- Coordinating and planning with friends and family using messaging and scheduling apps

- Capturing and sharing moments through photography and videography on smartphones

- Accessing and using online banking, shopping, and other personal finance tools

- Engaging in remote or virtual learning and collaboration (e.g., taking notes, participating in discussions)

- Accessing and using religious or spiritual resources (e.g., Bible apps, worship music)

- Utilizing devices and apps for productivity, organization, and time management (e.g., calendars, to-do lists)

- Accessing and using online resources for academic and professional development (e.g., research, networking)

- Engaging in virtual or remote healthcare and wellness activities (e.g., telehealth, mental health support)

- Accessing and using online tools for creative expression and hobbies (e.g., design, coding, writing)

DM

Code summary

6/25/2025 9:55 PM - Jiayi Guo

AI Summary

- Thoughts and plans related to daily activities and responsibilities:

- Dinner, elections, and daily tasks

- Upcoming social events and races

- Plans for the day, evening, and weekend

- Thoughts about classes, exams, and studying

- Meal planning and food-related thoughts

- Errands and chores to be done

- Thoughts about the weather and enjoying the day

- Thoughts and feelings about friendships and relationships:

- Reflections on friendships and how one is treated by friends

- Attempts to fix a rocky friendship

- Concerns about friend issues and being stressed about them

- Thoughts about personal well-being and self-care:

- Feeling tired and wanting to nap

- Trying to make oneself happier

- Thoughts about taking a shower or getting a spray tan

- Thoughts about future plans and goals:

- Considerations about course selection and class schedules for next semester

- Thoughts about summer plans and potential internships

- Worries about not getting desired classes or jobs

- Thoughts about current activities and distractions:

- Partially listening in class while also using phone and watching videos

- Playing games, browsing social media, and watching TV shows

- Conversing with friends, both in person and on the phone

- Thoughts about academic and professional responsibilities:

- Concerns about exams, homework, and studying

- Thoughts about group projects and meetings

- Considerations about career-related decisions and interviews

- Thoughts about social events and celebrations:

- Excitement about attending a friend's birthday celebration

- Thoughts about formal events and how one will look and feel

- Thoughts about managing stress and emotions:

- Attempts to avoid thinking about stressful topics

- Efforts to relax and destress after challenging experiences

- Feelings of anxiety, nervousness, and being overwhelmed

Examples of documents mentioning the summarized items:

- Thoughts about daily activities and responsibilities were mentioned in passages such as <Dinner, elections, and what I had to do for the day.>, <Upcoming social events and races>, and <The plans for the rest of my day.>.

- Thoughts and feelings about friendships and relationships were discussed in passages like <A rocky friendship.> and <I was stressed about my friendship that I wanted to fix.>.

- Thoughts about personal well-being and self-care were mentioned in passages such as <I kind of wanted to sleep.> and <I was thinking about the shower I was going to take after.>.

- Thoughts about future plans and goals were covered in passages like <I was thinking about course selection for next semester> and <I was thinking about whether I would get the job or not.>.

- Thoughts about current activities and distractions were discussed in passages such as <I was playing games on my phone and watching tik toks during the commercials.> and <I was eating pizza and playing games on my phone.>.

- Thoughts about academic and professional responsibilities were mentioned in passages like <Trying to think about my exam and the content I had been studying.> and <I was thinking about the group project I have to work on and I was going to meet my team later in the day.>.

- Thoughts about social events and celebrations were covered in passages such as <we sat on the slope had a picnic, ate and celebrated our friend's birthday.> and <I was thinking about formal this week and how I'd look good and have fun>.

- Thoughts about managing stress and emotions were discussed in passages like <I was trying not to think about the exam I took yesterday> and <I was trying to clear my head and not think about all the studying i have to do>.

CO

Code summary

6/25/2025 9:56 PM - Jiayi Guo

AI Summary

- Increased productivity and motivation: Seeing mileage increase on a watch, feeling productive from making progress on a project

- Improved mood and relaxation: Listening to music, driving with windows down, looking at photos with friends, playing games, using phone for music and entertainment

- Enhanced focus and concentration: Listening to music while studying, working, or exercising, using technology to block out distractions

- Facilitated communication and connection: Using phone to call family, share experiences with friends, coordinate plans

- Convenience and efficiency: Using phone for directions, payments, accessing information, taking notes

- Distraction and overstimulation: Excessive phone use, multitasking, getting distracted during social interactions

- Negative emotional impact: Feeling stressed, angry, or homesick when using certain technologies

- Improved learning and performance: Using technology for research, accessing course materials, practicing skills

- Atmosphere and ambiance: Using speakers, lighting, temperature control to create a pleasant environment

- Combination of technologies: Leveraging multiple devices and applications to enhance experiences

FEEL

Code summary

6/25/2025 9:57 PM - Jiayi Guo

AI Summary

- The watch provided a sense of confidence and feedback on the user's physical activity, making them feel their workout was easy on their body.

- Engaging with content and receiving positive reactions from friends made the user feel more connected and appreciated.

- Technology like watches, comments, and videos helped build the user's confidence and feelings of gratitude.

- Games and entertainment like canasta, TV shows, and music provided stimulation, enthusiasm, satisfaction, and relaxation when the user was bored or stressed.

- Communication technologies like phones and video calls allowed the user to stay connected with loved ones, which provided comfort, happiness, and a sense of peace.

- Capturing moments through photos and videos helped the user feel nostalgic and remember important events.

- Music and other audio enhanced the user's enjoyment of activities like running, working out, and spending time with friends.

- Technology like speakers, lighting, and interactive features made events and presentations feel more engaging and exciting.

- Productivity tools like note-taking apps and study music helped the user feel focused, efficient, and accomplished when completing work.

- Social media and short-form content were described as addictive and distracting, though they could also provide a sense of connection or productivity.

- Relaxing entertainment like TV shows and music helped the user unwind and manage stress.

- Technology sometimes caused frustration due to technical issues like poor Wi-Fi or malfunctioning devices.

- Overall, technology was described as enhancing a wide range of emotional experiences, from confidence and gratitude to relaxation and excitement.

ELSE

Code summary

6/25/2025 9:58 PM - Jiayi Guo

AI Summary

- The passages discuss the use of technology, particularly smartphones, social media apps, and YouTube, and their impact on individuals' experiences and well-being.

Examples:

- The watch is tied to the athletic social media app, Strava.

- "Any YouTube white noise is good for me (doesn't matter the genre)"

- "Because the other members on the zoom are not in ithaca right now, zoom is completely necessary"

- "I did not use my phone that much."

- "I ended up falling asleep for a bit."

- "I want some control over usage of this technology."

- "It's fun! I find a lot of enjoyment and positivity from it"

- "I also recorded myself playing guitar with my phone which is cool to look back on and share with my family."

- "There is a strange contrast between the happiness / fulfillment and isolation that partying brings me."

- "A lot of the positive experience might be due to me really liking hanging out with him, because buying coffee on my own is also useful and I love that technology can help me with that, but doing it with a friend makes it that much more enjoyable"

- "Me getting into bed and doing this has become a very frequent occurrence. I get into bed with my computer and binge youtube everyday and it has been a big issue since I was in middle and high school."

- "Youtube for me is addicting and it makes me feel terrible to think about using because it takes time away from my other ambitions. But while I watch, relaxing i feel great."

- "Whenever I play volleyball, I play lower quality than I would like. I feel that the tech makes my confidence higher and makes me feel better until reality hits and my incompetence slaps me in the face."

- "I gave conflicting answers about how connected/lonely a phone call made me feel, but I think a phone call can do both."

- "The oven was definitely necessary, but the phone and show were not"

- The passages highlight the complex and often contradictory experiences individuals have with technology, ranging from enjoyment and fulfillment to isolation and addiction.

- There are examples of both positive and negative impacts of technology on individuals' social, emotional, and physical well-being.

- The passages suggest a desire for balance and control in the use of technology, as well as the need to address the underlying issues that may drive excessive or problematic use.

DC

Code summary

6/25/2025 9:58 PM - Jiayi Guo

AI Summary

- Using the phone for various activities like socializing (in person and online), watching videos/movies, relaxing, listening to audio content, etc.

- Working/studying, using the computer, and listening to audio content

- Socializing in person, watching videos/movies, and eating

- Using the computer for various activities like working/studying, socializing online, watching videos/movies, gaming, etc.

- Exercising and commuting

- Preparing food and eating

- Relaxing, napping/resting, and engaging in hobbies

- Taking care of others

- Intimate relations

- Praying/worshiping

- Other unspecified activities

Visuals & Statistics

Concept Maps

Integration, Conclusions, Hypotheses, Theories