

1.3 DATA ANALYSIS

1. Create a list of everything that you have observed as you analyze each entry from your Personal Activity Log.

Answer:

- Pressured
- Always in School
- Always lack of sleep
- lots of School activities
- Always focused on gadgets
- Always on Social media apps

2. Categorize each of the activities as Productive, Non-productive, Essential (e.g. health, hygiene, etc.)

Answer:

- **Productive**
 - Being able to submit my activity on time
 - Learned something on specific subjects and being able to understand it
 - Unlock critical mind
 - Staying organized and managing time effectively
 - Seeking help when needed
 - Developing effective study habits
- **Non-Productive**
 - Indulging in Distractions
 - Procrastinating and Cramming
 - Prioritizing Entertainment Over Work
 - Making Excuses and Delaying Tasks
- **Essential**
 - Health
 - Hygiene

3. Identify the activities that you think you can change.

Answer:

- I should change the non-productive doings.

Question:

1. Based on your output, are you happy with the data you have collected?

Answer:

- Yes

2. Does it properly describe your lifestyle?

Answer:

- Yes, Yes, since the school year started as 3rd year student the data I listed became my daily lifestyle.

3. Have you found something that you would like to be changed?

Answer:

- Yes, The Non-productive Part Making Excuses and delaying tasks.

MODULE ASSESSMENT

1. Share your Personal Activity Log to 2 of your classmates.

2. Come up with your analysis on the 3 datasets (your personal log and 2 personal logs from your classmates) using the 3 guide questions (change it as a 3rd person statement) from our Module 1.3 Discussion.

Answer:

- In my self-reflection, I mentioned how entering my third year has had a big impact on my daily routines and hobbies. My habits have changed significantly from the past; I now spend more time on school-related tasks and less time working out. There is now more strain and tension as a result of this change. As far as my classmates go, one is in a similar circumstance to mine, and the other has been able to continue with his pastimes. Overall though, because we have to prioritize our academic obligations and school timetables, our routines have been impacted.

3. Submit your findings to our Module 1.3 Activity.