

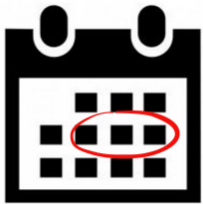
Visualizing Time : Preliminary Activity

We are a team of experimental psychologists at UPMF (Grenoble) & California State University (Chico). We are studying how university students allocate time.



In this activity, you will create a *detailed log of how you spend your time* over the course of *three days*.

Choose three days



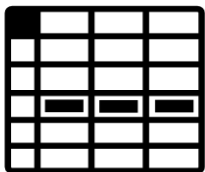
- Select 2 class days and 1 non-class day.
- The days do not need to be consecutive.

Record how you spend your time



- Access the online document using the link you received from the researcher via email.
- Create 1 time entry (row) every time you change activities.
- Try to record the time throughout the day, rather than at the end of the day.
- You must account for 24 hours each day.

For each time entry



- Record the start time end time for the entry.
- Describe what you are doing, in your own words
- Use enough detail to describe the activities, in one sentence.
- Note if you were multitasking.
- Note if the time was planned or unplanned.

When you are done



- Double check that you have accounted for 24 hours for each day of tracking.
- Double check that you have fully described the activities for each time entry, including multi-tasking.
- Submit your time log by emailing the researcher.

The data collected from this activity will be aggregated and analyzed to inform future research. Your personal identifying information will not be stored in conjunction with your time log. If you have any questions, please contact the researcher at consultafox@gmail.com

Sample Time Entries



Not sure what we mean by *describe your activities in your own words*?

Here are a few examples of common activities, and how you might choose to describe them.



Start	End	Activities	Multi?	Planned?
8:05	8:10	Woke up	N	Y
8:10	8:25	Took a shower	N	Y



8:25	8:45	Ate breakfast while listening to news on the radio	Y	Y
------	------	--	---	---



8:45	9:10	Got dressed and fixed my hair while listening to music	Y	Y
------	------	--	---	---



9:10	9:30	Rode bike to class while listening to podcast about cognitive psychology	Y	Y
------	------	--	---	---



9:30	10:45	Attended psychology lecture (checked email a few times)	Y	Y
------	-------	---	---	---



10:45	11:15	Checked email and facebook feed. Googled part-time jobs and football scores while drinking coffee.	Y	N
-------	-------	--	---	---

→ Avoid recording more than one activity in each time entry, unless you were truly multitasking.
(For example: watching a movie and checking facebook = (multitasking), went to class then met with my professor = (2 activities in sequence))

→ In your description, try to be clear as to the purpose of your activity.
(For example: listening to a podcast for a class assignment, vs. listening to a podcast)