Digital Life Profile

Mastering the Internet
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Characteristics

We can better understand our relationship with digital technology can by thinking about our experiences using our digital devices and how we spend our time online:

1. **Use**
   *The amount of time we spend online as well as how many apps/sites we use.*

2. **Comfort**
   The emotions/feelings we typically have when we spend time using our digital devices.

3. **Knowledge**
   The extent of our understanding of and proficiency with our devices and the apps/sites/services we use online.

We each use our digital devices and the Internet differently; our comfort levels and understanding of digital technology also vary. Identifying where you "sit on the spectrum" of each characteristic can clarify your perspective of your relationship with digital technology. The next four slides give you a framework for doing that.

Low

High

Use

Comfort

Knowledge
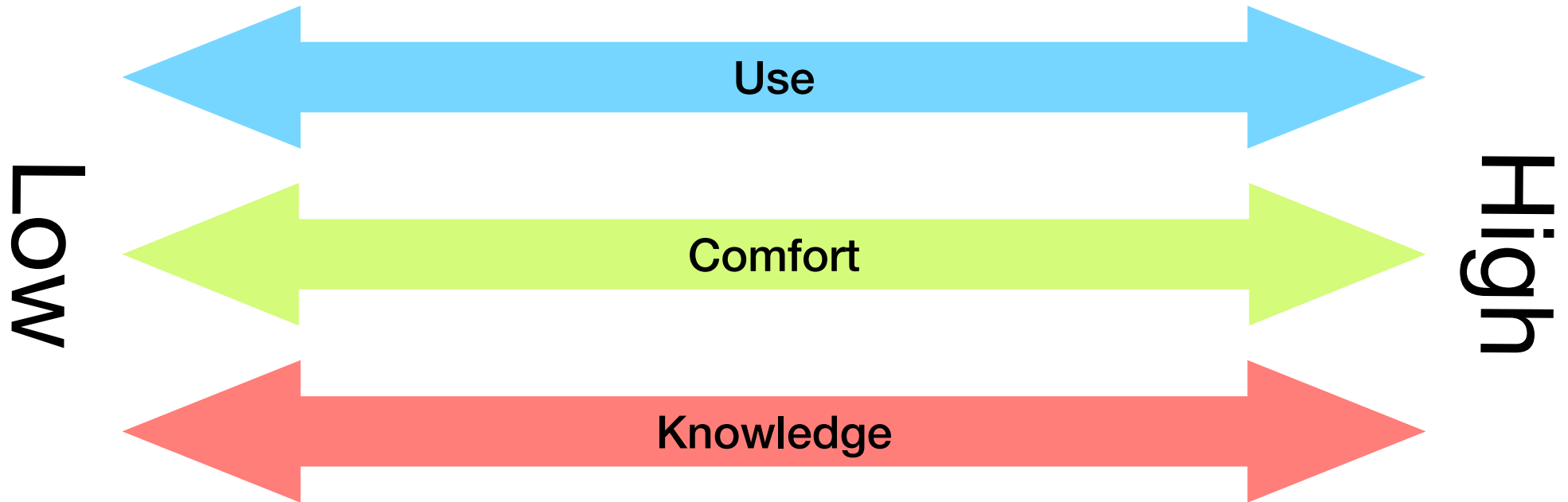
Use

Pick the statement below that best describes how much you use the Internet

1. I use the Internet when I absolutely need to.
    I visit the same few sites when I'm online; I avoid visiting/exploring new sites.
    I only have a few online accounts.

2. I spend some time online most days.
    I often visit the same set *some* of sites; I occasionally explore new sites.
    I have a manageable number of online accounts.

3. I spend a significant amount of time online daily.
    I often visit/explore new sites.
    I have many online accounts; I have some online accounts that I rarely use.

Comfort

Which statement below that best describes how you typically feel when using the Internet

1. I regularly find myself frustrated, anxious, or panicked when I use digital devices and/or use the Internet. I often get "stuck" and give up on whatever I was trying to do.

2. I am usually able to get it done with ease. When I am using an app or site for the first time, I am as likely to need help/assistance as I am to figure out how to use the app/site myself.

3. I enjoy visiting new sites and/or often install/try new apps. Exploring new things is one of the reasons I use the Internet.

Knowledge

Pick the statement that best describes how proficient you feel using sites/apps.

1. I know how to do a minimal set of things with the apps I use/sites I visit.
   I often need help from another person when I am stuck.

2. I feel effective/proficient with the apps/sites I use routinely.
   When I am stuck, I am as likely to find a solution to my problem using online resources as I am to ask another person for help.

3. If and when I need help/assistance, I often find the information I need online.
   I only ask another person for help sometimes.

Summarize your responses

Put a checkmark in the cell (1, 2, or 3) that matches your response from the previous three slides for each characteristic (i.e., use, comfort, and knowledge).

	1	2	3
Use			
Comfort			
Knowledge			