PLP Report – Media Management

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REL 200, Section: FDREL 200; Section: 4

# General Instructions

Save this template on your computer and make a copy for each of your PLP’s, with a filename something like ‘Jon Doe PLP-1’**. The work for the entire PLP should be included in this one document but the document is** ***uploaded three times***, at each PLP assignment deadline (Plan, Progress, or Report). Follow the calendar and instructions in your course for submitting each assignment on time, in the appropriate Assignment folder.

# Project Plan

Read the instructions in your course *for the specific PLP* you have chosen and follow them with exactness. In this space you will write down your plan according to the instructions for that PLP option. **(1 Page)**

I did two projects in first block of the class. It will be good for me if you can count that extra project for the second block. But, If I have to choose one from the given options, I would choose media management.

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| Media Management |
| I know that I have a lot of bad pages in my Instagram. My plan is to delete or unfollow all the pages which posts bad languages, jokes, and pictures.  I will bookmark Church’s Addiction Recovery program in my website and will try to visit at least once a day.  I will try to stop habit of listening music every time. I will try to listen music only while I am cooking.  I will try to listen scripture audio if I really want to listen something.  I will not postpone my emails.  I do delay in everything. Even when some emails are important to write in time. I will try to email as soon as can if I have to write email to someone.  I will try to listen to hymn at least once a day. My plan is to listen hymn in the morning after I get up from bed and listen hymn before I go to bed. |

# Midway Progress Report

In this space you’ll give us an update of your progress towards your goals. Be sure to refer to the instructions *for the specific PLP* you have selected and ***answer all the questions*** given for the Midway Progress Report. **(1-2 pages)**

Lots of things in my day to day life is unavoidable. I am in CS department and I have to do research for lots of my classes before I come to a conclusion or to finish my project. While I watch YouTube videos for my class, I usually go to news channel and watch different news and daily show. Coming to Facebook and Instagram I am not very active in those platform. I don’t post a picture and videos a lot like lot of other people do. The only thing I spend on most of my time is scrolling news feeds and reading post. Which for sure I need to avoid. But I have been so busy for this past few weeks It takes me hours and hours even to look in my inbox and reply the messages.

Coming to the listening music, I think there was no change on it. The more I am stressed I listened to music more just to make me feel relax.

Postponing my emails- This has got a lot better. I regularly check my emails and respond to any email as soon as possible if I had to.

Listening to hymn has been successful but not as much as I planned. I listen to the hymn at least once a day. But I have failed to listen it when I go to bed and when I wake up as mentioned in my planning phase. I just changed my alarm ringtone to hymn so I can at least listen to hymn when I wake up.

# Final Report

In this space you’ll give the final write up on your experience working on your PLP goals over the last four weeks. Be sure to refer to the instructions *for the specific PLP* you have selected and ***answered all the questions*** given for the Final Report.  **(1-2 pages)**

Responding to my email and do not postponing things/events until the last minute has become better.   
  
I always think I should watch fewer movies than I am currently doing, but I am always failing on this. I watch at least one and on average 3 movies a week. It doesn’t seem a lot to meet my schedule I should not be doing this.

Practicing PLP or at least trying to practice always reminded me of my promise or my attempt whenever I was walking away from my commitment.

Even though I have failed to apply this in my life for this semester, I will try to do it maybe when I will start working which is next year. I am pretty sure it should affect and change me as a person.