

	<p>This notepad is intended to guide you in logging your reflections on particular topics of this course. It is divided into five (5) sections, such as:</p> <ol style="list-style-type: none"><li>(1) My Key Take-aways</li><li>(2) Grateful Points</li><li>(3) Pain Points</li><li>(4) Anticipated Hurdles</li><li>(5) Possible Actions</li></ol> <p>You may draft your thoughts in bullets, then <b>finalize them in concise paragraphs</b>.</p> <p>Shade the box of "How Well I Did in this Topic" to indicate your assessment of your achievement of the intended learning outcome for the session.</p> <p><i>Color legend:</i> BLUE - excellent; GREEN - very good; YELLOW - good; RED - fair</p>		
Reflection Log #	3	Topic	Legal, Ethical and Societal Issues in Media
Student's Name:	BALA, Mariella Kassandra M.		How Well I Did in this Unit
<b>My Insights</b> Which of the legal, ethical, and societal issues discussed do you feel strongly about, and why? For example: Do you have feel that netiquette is heavily overlooked by majority of media users? What do you think must be done about this?			
<p>Internet addiction is often underestimated in our tech-focused world, where constant digital connection seems normal. Excessive screen time has become a regular part of daily life, impacting mental well-being. It's important to recognize that what might seem like usual internet use can turn into a real problem. Raising awareness about the risks of internet addiction is crucial. Schools and communities should introduce programs to teach responsible tech use, and individuals can set limits on screen time. Finding a balance between online and offline activities is key to maintaining a healthy relationship with technology and avoiding the negative effects of internet addiction. Let's be mindful of our digital habits and ensure they don't take over our lives.</p>			
<b>Grateful Points</b> What qualities or gifts do you have that you think would be helpful to deepen your new learning of this lesson?		<b>Pain Points</b> What difficulties did you experience that may have prevented you from efficiently learning this lesson?	
<p>I found that the skit-based discussion made grasping certain concepts much easier. Observing real-life situations as they unfold offers a level of understanding that traditional presentations often lack. This approach not only made the learning experience more fruitful but also added an element of fun and engagement. The interactive nature of skits not only deepens comprehension but also sparks creativity. It creates an environment where learning becomes enjoyable, encouraging students to actively participate and grasp the lesson more effectively. In my opinion, incorporating skits into the learning process is an excellent way to foster a dynamic and enriching educational experience.</p>		<p>I was absent when the second half of the skits/discussions happened, so I don't have a full understanding of the lesson yet. Also, due to my busy schedule, I haven't taken the time to initiate learning about the concepts that I missed during my absence.</p>	
<b>Anticipated Hurdles</b> If you were to apply what you have discovered in this week's lesson, what challenges would you likely encounter?		<b>Mitigating Hurdles</b> What action scan you do to prevent or address your anticipated challenges?	
<p>Managing my media consumption has been a bit tricky for me. I tend to dive into a spiral of overthinking and over-analyzing everything. It's like my mind goes into overdrive with thoughts like, "Maybe this individual is dealing with this issue" or something similar when I come across certain themes in media. It's like I get caught up in trying to dissect every element.</p>		<p>To address this, I think setting some boundaries on how much media I consume and being more mindful of what I'm exposing myself to could be helpful. Maybe taking breaks and consciously choosing content that's more positive and uplifting could shift my focus away from constant analysis.</p>	