

Adult Media Self-Audit

One of the most enlightening activities for anyone who interacts with media is to find out how and how much s/he uses it. We ask adults to complete this exercise to become more self-aware of their media habits and can better understand the perspective of young people. Sometimes the adults are just as bad as the kids at putting down their devices!

Your task is to keep track of what you do and the duration of each action on your preferred device(s) for a full 24 hours. Be prepared to be honest with yourself! There's no judgment, just research for change.

Step 1: Choose Your Methodology

Suggestions for tools to help you with your audit (use what you'd like, if you'd like, or come up with your own system):

- Keep a written or online journal of when and how you use your phone
- Use an apps to measure device usage **
 - iPhones: Go to Settings/Battery/Battery/Scroll down to Battery Usage
 - iPhones: [Moment](#) measures time spent on the phone
 - Android: Download [QualityTime: Digital Diet](#)
 - Android and iPhone: Find out how many times a day you check your phone: [Checky](#)

***The above tools give percentages of app use, including the time that the app stays open on the phone (even when locked). To get the most accurate results during your audit, consider turning off the apps before you close your phone.*

Step 2: Identify your devices

Which ones will you monitor for this exercise? Be honest with yourself about what you use the most.

- Smart phone (has Internet access, music, videos, etc.)
- Laptop
- Video game system or software
- Tablet (iPad, Kindle, etc.)
- Other (e-reader, etc.)

Step 3: Pre-Audit Estimation

Before you begin your audit, take a few minutes to respond to the following questions (with your best estimations-remember, no judgment!). Record your responses for your own reflection, as you will compare these answers to your responses post-audit:

- A. Do you have your phone or personal device out:
 - on the table during a meeting?
 - when you are eating with colleagues?
 - when you are eating with your family?
 - when you are waiting for the next thing on your schedule (appointments, etc.)?
- B. How many times per day do you check your phone?



- C. What app you use the most?
- D. How much time do you do something creative online vs just scrolling?
- E. Do you bring your device into the bedroom at night?
- F. Do you have an alarm clock that is not your phone?
- G. Are there set times or places you don't use your phone or computer?
- H. How much time do you estimate you spend online:
 - a. Doing/preparing school-related work
 - b. Learning about current events or news
 - c. For entertainment
 - d. For socializing
 - e. For communicating with family members
 - f. For mindless/purposeless/downtime use

Step 4: Track Your Media

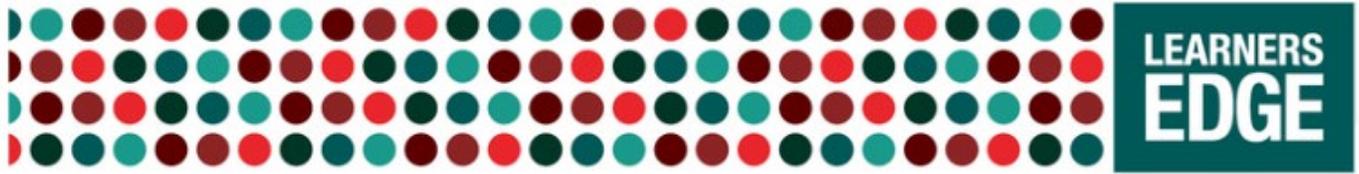
You will want to decide how to accomplish your audit so that it doesn't interfere with your teaching. Some items to consider:

- What sites, software, or other educational technology do you use in your everyday interactions with students that require a device?
- Which sites (if any) on social media do you frequent?
 - Instagram
 - Facebook
 - Snapchat
 - Twitter
 - Other
- Do you text actively during the day (on a "normal" day, excluding emergencies)? How much do you text?

Step 5: Post-Audit Reflection

Moment of truth! Now that you have completed your 24-hour research project, record your findings related to the following prompts.

- A. Do you have your phone or personal device out:
 - on the table during a meeting?
 - when you are eating with colleagues?
 - when you are eating with your family?
 - when you are waiting for the next thing on your schedule (appointments, etc)?
- A. How many times per day do you check your phone?
- B. What app you use the most?
- C. How much time do you do something creative online vs just scrolling?
- D. Do you bring your device into the bedroom at night?
- E. Do you have an alarm clock that is not your phone?
- F. Are there set times or places you don't use your phone or computer?



- G. How much time do you estimate you spend online:
- a. Doing/preparing school-related work
 - b. Learning about current events or news
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 - e. For communicating with family members
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Now, compare your responses to your Pre-Self-Audit:

Were you correct in your estimations?

Are you being a good digital citizen?

What is the most valuable learning you experienced as a result of this activity?

You may want to identify a goal you have for making a change related to your media habits.