The Impact of Personal Technologies

Complete **one** of the following options.

Option 1: How Much Do I Use My Personal Technology?

1. Select one personal technology that you use on a regular basis. Chart how often you use it over a three-day period. Describe what you use the technology for as well. Use the chart on the following page. Add more space if you need it.

2. At the end of the three days, write a 250-word reflection on the impact of your personal technology. Answer the following questions in your reflection:

    a. What can you conclude from the data you've gathered? Do you use your technology a little? A lot?

    b. Does your personal technology just meet basic needs? Or does it create needs you wouldn't have if you didn't own and use that technology?

    c. Describe how your life would change if this technology no longer existed. How would you do things differently?

    d. What are some positive and negative impacts of this technology on the people around you?

    e. Is this technology absolutely necessary, or has society bought into the marketing hype for this personal technology?

Technology Usage Chart

My personal technology is:

Date	Time Used	Length of time used	Reason for using it

Date	Time Used	Length of time used	Reason for using it
Date	Time Used	Length of time used	Reason for using it

Date	Time Used	Length of time used	Reason for using it

Evaluation Guidelines	Marks
Chart is completed in detail	5
Reflection is logical and well thought out, with proper spelling and grammar	10
Total Marks	**/15**

Option 2: Going Without Personal Technology

1. Go without one of your personal technologies for three days. Be sure to choose something you use regularly. Take note of each time you wanted to use the technology but didn't. Write down what you were doing and how not using the technology affected you.

   If you forget and find yourself using the technology, just start over. Don't give up altogether!

2. At the end of the three days, write a 300-word reflection on your experience. Answer the following questions in your reflection:

   a. Is your chosen technology absolutely necessary or were you able to do without it for three days?

   b. Could you have gone without it longer? Forever?

   c. How did it feel to go without it?

   d. How, if at all, did your life change? What did you find yourself doing during the time you would normally be using that personal technology?

Evaluation Guidelines	Marks
Reflection is logical and well thought out, with proper spelling and grammar	15
Total Marks	**/15**