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| **Date:**  | **Technology Used:** | **Hours** | **% of my waking day** | **Ethical Issues noticed** |
| 01/03/18 | Instagram | 1 | 6.25 % | Photoshopped Images |
| 01/03/18 | TV/Netflix  | 2 | 12.5% | Racist comments/ Sexist Images & Stereotyping |
| 01/03/18 | Music | 1 | 6.5% | Racist Lyrics  |
| 01/03/18 | Cell Phone: Text | 2 | 12.5% | None |
| 01/04/18 | Instagram/Facebook | 2 | 12.5% | None |
| 01/04/18 | TV/ Netflix  | 1 | 6.5% | None |
| 01/04/18 | Cell phone: Text/Call | 1 | 6.5% | None |
| 01/05/18 | TV/Netflix | 2 | 12.5% | None |
| 01/05/18 | Music | 2 | 12.5% | Racist Lyrics |
| 01/05/18 | Cell Phone: Text | 1 | 6.5% | None |
| 01/05/18 | Instagram/Facebook | 2 | 12.5% | Photoshopped Body Images/ Racist Comments using poor language |
| 01/08/18 | TV | 3 | 19% | Oprah for President 2020- people fighting |
| 01/08/18 | Cell phone: Text | 3 | 19% | None |
| 01/08/18 | Instagram/Facebook | 2 | 12.5% | Memes that mock public figures |
| 11/09/18 | Instagram  | 3 | 19% | Derogatory comments towards |
| 01/09/18 | Texting | 1 | 6.5% | None |
| 01/09/18 | TV/News | 1 | 6.5% | People fighting over Golden Globes- Oprah for President. Flood Damage in SB |
| 1/10/18 | Facebook | 2 | 12.5% | Facebook article- President Trump speaking level is of a second grader |
| 1/10/18 | Music | 3 | 19% | Demoralizing lyrics towards women  |
| 1/10/18 | TV | 1 | 6.5% | Reality shows- using advertisements through viewers  |
| 1/11/18 | Facebooks | 2 | 12.5% | Video Shared:” I’m not racist” with racist comments in lyrics posted by Joyner Lucas |
| 1/11/18 | Instagram  | 1 | 6.5% | Photo shopped images of public figures and models |
| 1/11/18 | Instagram  | 1 | 6.5% | Coachella is banning weed from its music festival  |
| 1/12/18 | Facebook | 2 | 12.5% | Political Post- Controversial topics with racist undertones  |
| 1/15/18 | Cell Phone: Texting  | 2 | 12.5% | None |
| 1/15/18 | TV | 3 | 19% | News: Fake Nuclear threat in HI over weekend |
| 1/16/18 | Facebook | 2 | 12.5% | Online gambling advertisements. Articles on same stories seen on the news |
| 1/16/18 | News/ TV | 2 | 12.5% | Family accused of abusing 12 children. Presidents Response to North Korea |
| 1/16/18 | Instagram | 1 | 6.5% | Cyberbullying in comments |
| 1/16/18 | Text/Call | 1 | 6.5% | None |

**What does your online behavior say about you?**

On my social media sites I tend to follow a lot of bloggers, clothing brand sites, celebrities and my closest friends and family. II think that this tells me that I am more concerned about what is going on in people’s lives that I don’t even personally know than I am with my own life. Throughout the day I am constantly checking on my social media but rarely post or share things myself.

**Do you let your real personality show, or are you pretending to be someone else online?**

I do portray my true self on social media platforms but only the fun, best and filtered moments of my life. This is only showing a sliver of who I am and what defines me. To friends and family that follow me they are not able to see fully all the areas in my life.

**Are you honest and affirming to your online friends, or are you a deceitful troll?**

I would categorize myself as being honest and affirming to my family and friends online. Whenever they share things I give them compliments and praise if they are putting out positive post. I am happy for my friends and family and being able to see a snippet into their lives.

 **Would you hire someone like you, why or why not?**

I would hire someone like me. I do my best to be a positive, loyal and honest person and I think these are good qualities that work well in a work setting.

**Do you see any areas that you might like to work on changing?**

I think that it is important to be your true self and honest with yourself and not others. It’s important to keep in mind that social media is a platform to show parts of your ethical and moral values and in doing so you need to remain aware of comments, post, etc when using online applications. I hope to work on showing more areas of my life through social media such as school achievements, work and family life and not just content when I am traveling or doing fun activities.

 **Is your online life getting in the way of or enhancing your offline life?**

Yes! I am very aware that my online usage and social media sites are playing way too big of a role in my life than they need to be. During Fall 2017 I decided to take a break from social media because of this reason and deleted their applications off my phone. This actually showed me how addicted I was to my smart phone and social media as I was constantly checking my phone without remembering that they weren’t there. I only had these applications deleted for a month before downloading them. This digital media log really showed how much I use these application and what a big chunk of my day they are taking out.

**Do you now see some ethical issues in your online life that you were unaware of before taking this course?**

Something I was unaware of before completing this media log is how many accounts I follow that post negative content. I followed daily news and TMZ accounts that were created to expose unethical and mean post about celebrities and public figures. These accounts were not benefical to me and was putting useless information into my mind. I plan on being more aware with my social media and who I want to follow from now on, I also plan to be more conscious of the content I chose to share.