|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Spotify** | 8:30-9:15 AM | 11:30-11:55 AM | 12:50- 1:00 PM | 2:50-3:11 PM | 7:03-8:57 PM |  |  |  |  |
| **Canvas** | 6-7 PM | 9-9:37 PM | 10:20-12:03 AM |  |  |  |  |  |  |
| **YouTube** | 10:17-11:30 AM | 4-7 PM |  |  |  |  |  |  |  |
| **Netflix**  |  |  |  |  |  |  |  |  |  |
| **Snapchat** | 12-12:20 PM | 1:33-1:38 |  |  |  |  |  |  |  |
| **Instagram** | 9-9:12 AM | 1:05-1:23 PM | 2:45-3:06 PM | 3:15-3:28 PM | 5:45-6:18 PM |  |  |  |  |

Avery Daniels

Media Usage over 24 hours

Wednesday August 29th

Reflection:

 After observing my media usage throughout a 24 hour period, its obvious that I do use media a lot. When I wake up I usually like to put on music to ease into my day. After I wake up and start listening to music, I have a look through Instagram on my feed and then on the explore page. I have my first class at 12 on Wednesdays, so that means I have to leave around 11:30-40. I start to get ready around 10:15. I like to have true crime videos or make up tutorials on YouTube playing in the background while I get ready. On this particular day I didn’t watch any Netflix because my mom updated the password and I didn’t know the new one until the following day, but I still listed it because usually I do watch Netflix on a daily basis. I actually only used snap chat twice that day to reply to streaks. I usually checked my Instagram in between classes, in the beginning of class when role was being taken, the end of class when we were packing up to go, and in between studying and doing homework. While I was studying I had YouTube playing in the background for part of the time. In between classes I also like to listen to Spotify, as well as when I was in the car going to and from the Village. I also had Spotify playing in the background while I was studying in the evening. I didn’t use any media after studying because I was exhausted and was ready to go to sleep.