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English 400

5 June 2018

Online Identity Reflection

Social media has the ability to portray people in a positive and negative way. A person can learn a lot about another person by viewing their social media and exploring their posts, but if a viewer would be able to see my college lifestyle, friends and family, and fitness and health on all of my social media platforms and see how it influences my academic identity and my online identity social media accurately represents my academic identity because of this.

The way my college lifestyle is portrayed on social media could give off the impression of a typical sorority girl because of the pictures I post. Greek life on my social media can portray that I am a social person, but it can also showcase the service events we do as well. In one of my Instagram pictures I am giving donuts to Longwood police to give back and show my appreciation for everything they do for us around campus Although my social media shows that I am a college student, I believe only my Facebook friends have a good idea of what is going on in my academic career at Longwood because I often post statuses giving updates on my semester and my current goals and plans. My Instagram followers and Twitter followers know that I am planning on being a teacher because I have posted things of myself at the different schools, but not in detail like it is on my Facebook. My college lifestyle can be found all over my social media and gives my viewers a good idea of what I am doing on any given day. It shows viewers who I am in the classroom and out of the classroom.

Connecting with friends and family on social media is one of my favorite things to do. I love looking at what is going in their lives and seeing what is new. What I post on Facebook is more conservative and definitely for more of an older audience. My Instagram and Twitter posts are for a younger audience due to the fact that I use lingo that the older audience may not be familiar with or I talk about certain trends that they may not know about. Friends and family would be able to see who my best friends are because I often post pictures with the same group of people at school and on breaks. My friends and family could often know where I am and what kind of mood I am in based on my Snapchat and Instagram stories because I like to keep those frequently updated.  This ties into my academic identity because I often will post stories at the library or just in my house studying with friends, so viewers would know that I am a student that takes academics seriously. Friends and family are the base of my social media and most of my post involves around them.

Over the past year, I have changed my eating and fitness lifestyle and have lost weight. On social media, you can tell that I look different than I did in the past. If you go down my Instagram feed and look through my Facebook albums, you can see a change in my appearance. Social media has showed my followers and other people watching my social media what I look like. I often post Snapchat stories and Instagram stories of the gym and some of my favorite meals. An outside viewer could tell from my Instagram that I love fruits and vegetables and going to the gym on a daily basis. Viewers could also look at who I follow on Twitter and Instagram and see that I follow a lot of fitness accounts and different healthy eating pages for inspiration for my daily schedules. On Facebook I share a lot of the short cooking videos, so a viewer of my social media could tell that I enjoy clean eating and cooking. All of this is portrayed on all social media accounts and someone would definitely be able to tell that I am passionate about healthy eating and fitness. This contributes to my academic identity because I did a lot of research about healthy eating and fitness and have talked to students who are health and nutrition majors to get more information about living a healthy lifestyle. Anything from my daily runs to my cooking can be found on my social media. Health and fitness relate to how a viewer would see myself as a student because I tie in health and fitness into a lot of my posts revolving around teaching. The audience could see that I live a healthy lifestyle and include that into my studying habits and my major.

Social media brings lots of negative and positive light to people’s lives depending on what the post is. If it is a controversial post, I try to stay away from it so it will not hurt my academic or social identity. If it is a post about a job update or a marriage proposal, I will often comment saying something positive. Social media can help my academic identity by increasing the network possibilities with sites like Linkedn. Using social media to network and make connections can boost my resume and skills out there for companies to see, but negative posts and opinions can end up hurting my chances with a job. A similarity involving my social identity and academic identity are that I have met a lot of my friends through my major because we have a lot of classes together. Most of my social gatherings are with friends who I often study with and take classes with. A difference between my social identity and my academic identity is that I often post pictures with my sorority or at restaurants with friends, but do not post pictures of myself studying or teaching. These similarities and differences are what makes my academic identity different from my social identity, but at the end of the day it is still me.

