

Dear student,

You have signed up for our digital detox lecture. It's wonderful that you want to join us and reflect on your IT use. In order to get the most out of this learning opportunity, we invite you to have a closer look at your IT-use before the session with this self-reflection exercise.

First have a look at this [video](#) by Google.

Do the stories feel, look, sound ... familiar to you?

Now write down for yourself:

How does IT benefit you, and what do you enjoy about IT?

How does IT unbalance or disrupt your life, and what do you not appreciate about IT?

In order to know where you are now with IT, we want to invite you to do the following.

Make an overview of how you use IT by answering the questions below.

If this is helpful, you can use the IT-use chart to write this down for yourself.

You can download this [here](#).

Try to be as specific as possible

In a typical day (or week), which IT-applications do you use?

Your phone, your computer, your TV, your internet, ...

Social Media (Facebook, Instagram, Snapchat, YouTube, Spotify ...), ...

Apps, Google, Software (Microsoft office, SPSS, Endnote, ...)

Why (for which purpose) do you use them?

For your study or work, self-care, social contact, enjoyment, relaxation, ...

When do you use them?

Specific moments of the day? On specific locations? In specific situations?

For how much time do you use them?

For specific periods of time?

When you have a look at your IT-use ...

Which IT-use and experiences would you want to keep or want more?
Why?

Which aspects of your IT-use are not purposeful to you and do you want to change?
Why?