

MEDIA DIARY ANALYSIS

Write a report/mini-essay based on your media diary

Use the following questions as a base for your media diary analysis. You don't have to answer all the question and you can use other questions as well.

- What forms of media did you used the most/least? Why? Give reasons.
- Why did you use the forms of media you used? Give reasons.
- Was the digital media more pronounced in your diary? If so, why? Give reasons.
- Did you behave differently with digital media than with traditional media? If so, why? Give reasons.
- Read the box *ATL skills: self-management on page 194* and consider the way you regulate your reactions to media stimuli
- Read the *Discussion* box on page 196 and try to answer the questions in the box related to your use of social networks
- Does your one-week media usage mentioned in the media diary describe your usual behaviour with media?
- What kind of other notions did you do on your own use of media while doing your media diary?
- What kind of thoughts did the media diary elicit in you?
- Should you change the way you use media? How?