



Use the following questions to analyse the results of your media diary (worksheet *Media Diary – personal behaviour* [1 of 4]):

⇒ At what times of the day did you consume media most frequently?
How long did you consume media in total? When and how many breaks did you take? Did media consumption interfere with other important activities (sleeping, eating, exercise, meeting friends, school etc.)?

⇒ What?
What was the most common content?
In which categories (feature films, video clips, video news, text messages, search engine results, editorial texts)?

⇒ By whom?
Who were the most frequent senders, authors, producers (friends, family, acquaintances, virtual contacts, automatic messages, companies)?

⇒ With whom?
Was media used more often alone or together with others? If with others: Were they in the same room?



⇒ Where and when?

In which places or rooms and on what occasions (without doing anything else, while eating, while exercising, on public transportation, while driving etc.) did you consume media?

⇒ How?

What devices were used (smartphone, tablet, laptop, PC, TV, console)? If known: What software was used?

⇒ Why and in what tone?

What was your mood at the start and at the end? What were the most common reasons? (curiosity, contact with friends, need for information, boredom, search for emotional thrills, requests from others ...)?

⇒ Did you also produce content during the observation period?

What? How long? For which platform(s)? For what purpose (leisure, school, job ...)?



Please evaluate your media consumption. To achieve this, put yourself in the shoes of other people. Imagine you were showing the results of your documentation to the following people. What would they say?

- ⇒ Friends

- ⇒ Media providers/companies

- ⇒ Parents

- ⇒ Doctors/therapists

- ⇒ Teachers

Write a summary or guiding principle (simple rule or goal for yourself) that describe your media use. It should also express your concerns and goals for your future personal media consumption.

- ⇒ Why do I consume media?
- ⇒ How satisfied am I with my media consumption?
- ⇒ Do I want to change or improve something, and if so, what?
- ⇒ What do I want to pay attention to in the future?