Writing Assignment: Media Log

Part One: Media Fast Log

This does not have to be as comprehensive as your Media Log. But I would like to see notes about your struggles with the fast. Thoughts you have jotted down during the day. Frustrations with others, others frustrations with you, hilarious encounters, etc.

Due: TBA

Points: 50 points. (As long as you show an honest effort, you will gain these points)

Part Two: Media Fast Writing Assignment

Word Limit: 1000 words.

Paragraph 1 – 2 (150 – 200 words)

What day are you conducting this experiment on?

Describe how you are anticipating your day, and what plans you have made to deal with it.

How do you think the experiment will go?

Describe your feelings and what you think you might find difficult or enlightening.

Rest of the Paper:

Here you have creative license to talk about your media fast experience

You should write from the first person perspective.

Make sure you reference your media log assignment—keep referring back to your typical media behavior as you analyze your attempt to disrupt this routine.

The success of this section depends on how you decide to convey your experience.

What struggles did you meet? How did you overcome them?

What lapses (if any) did you experience? Why?

Reflect on your media fast day.

What have you learnt about yourself and the culture you belong to—how well did you cope, what are your weaknesses, how were you treated?

What does it mean to be human in this environment when you don't have the tools everyone else has?

What does it feel like to be temporarily denied access to these communication tools—liberating, frustrating, disorienting?

How does it feel to be out of sync with your environment?

Did you find yourself thinking more about things?

Did the fast affect your mood? Why?

If you were bored, what did you do to pass the time?

If you weren't bored or inconvenienced, why not?

What did this assignment teach you about yourself?