

## Lab 2: Time Use Lab

This lab gives you the opportunity to reflect on how you use your time. The default method for this lab will be to use a paper diary to keep track of how you have used your time in 20 minute increments throughout a 24 hour period. If you want to complement the diary with further technology, I encourage you to do so. An overarching theme for the entire lab is to use your own good judgement and common sense. If an every 20 minute alarm is going to interrupt your sleep, your classes, an interview, or another important life event, change the frequency of the alarm to accommodate these events.

On the other hand, I would like you to plan in such a way as to make it as likely as possible that you will get a full and robust description of how you used your time. Decide on the day that you are going to use ahead of time. Set all the alarms that you will need as reminders ahead of time. If possible, before that day comes practice doing this for an hour and notice what aspects make it tricky and try to develop work arounds for them. For example, you want to be sure to have the diary with you in a convenient way and something to write in it with that whole day.

In our group discussion we settled on you recording 4 things:

1. Record what you did in the last 20 mins in brief, few-word summaries. Circle the word that most effectively summarizes what you did in those 20 mins.
2. Rate how physically active you were during those 20 mins on a scale from 1 to 7. A score of 1 represents low physical activity and a score of 7 represent high physical activity. This is one place where you could bring in a pedometer or accelerometer to more carefully generate these numbers.
3. Rate your affect during those 20 mins on a scale from 1 to 7. A score of 1 represents a poor affect. You were depressed, sad, angry or any other emotion that carries a more negative connotation for you. A score of 7 represents a happy affect. You were happy, excited, enjoying things or any other emotion that carries a more positive connotation for you.
4. Rate how you engaged with technology or devices in the last 20 mins on a scale from 1 to 7. Here a 1 would represent no device whatsoever, a 4 that you had a device going in the background (e.g. listening to music, but not actively engaged with the player), and a 7 would indicate fully engaged with a device.

Once you have completed your 24 hour time use diary, I am asking you to share the data with all of us so that we can take a look at it. For this purpose I have put together a google sheet that is shared with the whole class. Before you go to this sheet return to your diary and, in particular, the data you recorded for 1. above. Consider each of your 20 min periods and decide which of the 8 categories that we came up with your circled word for those 20 mins fits in best. Our categories are:

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- |                         |                             |
|-------------------------|-----------------------------|
| 1. Sleeping or Personal | 5. Travel                   |
| 2. Work for pay         | 6. Eating                   |
| 3. Study & Class        | 7. Leisure time on your own |
| 4. Obligations          | 8. Leisure time socializing |
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Having done all of this you are now ready to put your data into our shared google sheet. [Go to the sheet](#). Recall that I have given you all code numbers so that your data can remain anonymous. Go to the 4 columns under your code number. Find the time that you woke up and started recording your data (Note: I have used a 24 hour clock. So 0:00=12 midnight and 12=12 noon, 13=1pm, 14=2pm, etc.). In the first column enter the category numbers 1-8 for all of your circled words. In the 2nd column enter your physical activity ratings. In the 3rd column put your affect ratings and in the 4th put your device ratings.

**To turn in by 3:20pm on Friday, February 14th:** In addition to entering all of your data as described above. Submit 2 paragraphs of written work to our shared drives. These two paragraphs should summarize what you learned from tracking your time. Were there patterns that you expected in the data? Were there patterns that were surprises to you? What did you get out of doing this diary?