Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Media Diet

Period \_\_\_\_\_\_\_
My Own Media Habits
Portfolio #4

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Divide up the pie chart in a way that tries to accurately represent where you get your **news and information**, and how much you rely on each relative to the others.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Divide up the pie chart in a way that tries to accurately represent what you do for **entertainment** in your life, and how much you consume of each kind of entertainment relative to the others.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Divide up the pie chart in a way that tries to accurately represent the ways you connect with people **on a personal level**, and how much you rely on each way relative to the others.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

First, reflect on how much time you spend on each of the activities listed below as a percentage of your total time in an average week during the school year. (Adjust the categories to better match your own experience and lifestyle.) Then, represent these percentages on the pie chart (or a different graphic of your own design) *that also indicates category overlap*. (For example, you might connect with others personally while also enjoying entertainment.)

|  |  |
| --- | --- |
| **Activity** | **Percentage of your total waking hours** |
| News and information |  |
| Entertainment |  |
| Connecting with others personally |  |
| Spending time in true solitude |  |
| Contributing to my community |  |
| Taking care of myself |  |
| Other |  |