**Video Self-Observation**

Choose a time when you are at your computer doing "work" and, ideally, choose a session when you are open to or even plan to multi-task. (NOT a timed take-home test, for example.)  Video record yourself for at least 20 minutes.  You can do this with the camera in your device, or you can set up your smartphone.  Make sure you are able to record audio. Do a test recording first.

Set aside time to watch the recording and make log notes about what you were doing and, to the best of your ability, what you were thinking/feeling at various points in the recording. Then write a one-pager reflecting on your observations.

Reflection questions:  
(These are only meant to prompt your thinking.  You choose the direction of your reflections.)

1. What do you notice about your posture?
2. What do you notice about your mood?
3. What do you notice about your attention and focus?
4. What do you notice about the nature of what you were working on and your interaction with it?