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### Digital Media Log Reflection

At first I was nervous to create a personal digital media log due to the fact it is difficult to track what is hardly done throughout my day. I do not have a Facebook, or Instagram, or Twitter. I really only use my email and phone to communicate. I do occasionally browse Pinterest for the few moments I get in a day to do so. Otherwise the rest of my digital media time is spent on educational endeavors such as this online class. However, I did used to have a Facebook and Instagram and if I had to speculate I would feel that I did my best to create an honest online self. I even posted pictures at unflattering angles because I felt like that is what I looked like at a certain moment from a certain (and terrible) angle. I would hire me because I act from an honest place, to a fault. So an employer always knows what is going on in my work world sphere of things. I would actually like to utilize more digital media, without getting too absorbed into it. I feel like after this class I am finding more interesting and helpful avenues toward useful information from the internet, but I still cannot give up the feeling of reading from a real book. My eyes hurt so much after so much screen time and also it is harder for me to fall asleep right after something like watching television, so I just don't anymore. I also have a 10 month old who occupies much of my attention and do not want to miss something because I am wrapped up in something on my phone so I do my best to put these things away for the time being. So I believe that my online life did get in the way of enhancing my offline life and I made drastic changes to improve my offline life which required minimal use of digital media for this time in my life. My offline life has majorly improved since then and I am much more focused and productive than I used to be. I now see that cookie profiling is part of why ads pop up that seem so relevant! It was so creepy to me at first because I did not know how my browsers were doing this. I used to think my phone could just hear me talk (I know it's stupid). Now that I know what is actually going on, it is still slightly creepy that third parties save my every move to cater to my interests and make advertisements relevant and therefore more impactful. I am happy to be more aware and conscious of this tactic though. Also after reading about Edward Snowden's leak about the NSA surveilling basically everything is something that I did not think of often until now. I always thought about it as more of a conspiracy theory, but the NSA really has the capability to spy on everyone. If they want to listen to my boring conversations, fine, but it's still creepy.