Personal technology inventory

Take a couple minutes to answer the questions below. Try not to overthink your responses. When you are done, take a moment to reflect on your answers. Did any of them surprise you? How do you think your peers would answer?

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I spend an average of hours a day on social media.										
0-5	6-10	11-	15	16-20		21+				
The first thing I do when I wake up is check my social media accounts.										
Agree	5	4	3	2	1	Disagree				
I could survive one week without my phone.										
Agree	5	4	3	2	1	Disagree				
Social media makes me feel good about myself.										
Agree	5	4	3	2	1	Disagree				
I know how to use social media responsibly.										
Agree	5	4	3	2	1	Disagree				
Instagram is an accurate depiction of real life. Rev										
Agree	5	4	3	2	1	Disagree				
I use technology to distract myself from things I don't want to think about.										
Agree	5	4	3	2	1	Disagree				
The internet is a good way to access reliable information.										
Agree	5	4	3	2	1	Disagree				
I have a healthy relationship with technology.										
Agree	5	4	3	2	1	Disagree				
I believe that, overall, technology is good for society.										
Agree	5	4	3	2	1	Disagree				
	0-5 The first thir Agree I could survi Agree Social media Agree I know how t Agree I know how t Agree I use techno Agree I use techno Agree I use techno Agree I believe tha	0-56-10The first thing I do whAgree5I could survive one waAgree5Social media makes mAgree5I know how to use sood5I know how to use sood5I know how to use sood5I use technology to di5I use technology to di5I use technology to di5Agree5I have a healthy relation5I have a healthy relation5I believe that, overall,	0-56-1011-The first this I do when I wakeAgree54I could survive one wet withoAgree54Social media makes me feel go4Agree54I know how to use social media4Agree54Agree54Agree54I use technology to distract my4Agree54Agree54I use technology to distract my4Agree54Agree54I have a healthy relationship wi4Agree54I believe that, overall, technology4	0-5 6-10 11-15 The first thirs I do when I wake up is ch Agree 5 4 3 I could survive one week without my pho Agree 5 4 3 Social media makes me feel good about Agree 5 4 3 Agree 5 4 3 1 A	0-5 6-10 11-15 16-20 The first thing I do when I wake up is check my set Agree 5 4 3 2 I could survice one wet without my phote. Agree 5 4 3 2 Agree 5 4 3 2 Social media makes we feel good about myself. Agree 5 4 3 2 I know how to use social media makes metagood about myself. Agree 5 4 3 2 Istagram is a accurate depiction of response. 16.20 1 16.20 Agree 5 4 3 2 1 Agree 5 4 3 2 1 Instagram is accurate depiction of response Agree 5 4 3 2 1 Agree 5 4 3 2 1 Agree 5 4 3 2 1 Agree 5 4 3 2 1	0-5 6-10 11-15 16-20 The first thij 1 do when I wake up is check my solation of a strategy				

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