

Media Log

Record all of the media that you use for one day and how you use them. Add more sheets if you need to. Be sure to complete the reflection.

Name and type of media	Where, when, and with whom	How long I used the media	Reason	One message I got from the media
Pandora Radio	Home, morning, alone	1/2 hour	Wake up, coping	Practical jokes can humiliate people

* Entertainment, excitement, coping, identification with a group, seeking information

Reflection



1. One thing I learned from the log about my media use is:
2. One thing that surprised me about my media use is:
3. One way media use impacts my life:
4. One media message about self or culture that I heard/saw that I think is inaccurate is:

Supported by the State Department of Health

This project is supported by Grant Number 1 TPAH000241-01-00 from the HHS Office of Population Affairs. Contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department of Health and Human Services or the Office of Population Affairs.