

Unplugging from Technology: Could I Do It? Inventory

Disconnected is a provocative documentary that raises a single, immediate question: Could I do it? Could I go one week without a computer? Take a quick inventory to see.

Check all that apply:

1. Could live without my email for 1 week. + 5 points
2. Could not live without my email for 1 week. - 5 points
3. Could use pencil/paper or persuade someone to type assignments for me. + 5 points.
4. Cannot imagine getting school work done except with a computer. - 5 points
5. *Facebook*... who cares? + 5 points
6. *Facebook*... how could I live without it!? - 5 points
7. *YouTube* (or online entertainment) is fun but I would not miss it for 1 week. + 5 points
8. *YouTube* (or online entertainment) is a major "boredom beater" for me. - 5 points
9. Could use a library resources/books/journals to look things up. + 5 Points
10. Would be lost for answers without *Wikipedia* (or online news/information). - 5 points
11. Just as comfortable calling someone as texting them. + 5 points
12. Much more comfortable texting someone than calling them. - 5 points

Score Total (add and subtract) _____

Scoring your *Could I Do It?* Inventory:

25-30 points—Easily done! 20-25 points—Just a little effort, but doable. 15-20 points—It's a toss-up, big maybe.
10-15 points—Highly unlikely. Less than 10—Addicted, please seek help.
