

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. *Instagram*... who cares? + 5 points
6. *Instagram*... how could I live without it!? - 5 points
7. *Snapchat*... who cares? + 5 points
8. *Snapchat* ... how could I live without it!? - 5 points
9. *YouTube* (or online entertainment) is fun but I would not miss it for 1 week. + 5 points
10. *YouTube* (or online entertainment) is a major "boredom beater" for me. - 5 points
11. Could use a library resources/books/journals to look things up. + 5 Points
12. Would be lost for answers without *Google* (or online news/information). - 5 points
13. Just as comfortable calling someone as texting them. + 5 points
14. 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.*
