

# 2024 AP English Language and Composition Summer Reading Assignment: **E-Media Fast**

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**Reading:** *Amusing Ourselves to Death* by Neil Postman (ANNOTATE TEXT)

**Experiential/Contemplative Learning:** Each of you will engage in an “e-media fast,” refraining from the use of ALL electronic media for 24-hours. BE SURE TO ADEQUATELY PLAN FOR YOUR FAST.

Prohibited media consumption includes...

- smart phone/cell phone use of any kind
- e-tablet use of any kind
- computer use of any kind
- viewing any sort of television and/or streaming video
- listening to music via streaming services, car radio, CD player, iPod/MP3 Player, etc.
- playing video games on any platform
- ETC.

Acceptable forms of personal amusement...

- READING
- WRITING
- PAINTING/DRAWING
- MAKING MUSIC
- PLAYING SPORTS AND/OR PARTICIPATING IN OTHER ATHLETIC ACTIVITIES
- PLAYING CARDS AND/OR BOARD GAMES
- COMPLETING PUZZLES AND/OR OTHER BRAINTEASERS
- CONVERSING WITH OTHER HUMAN BEINGS
- OBSERVING OTHER HUMAN BEINGS, I.E. “PEOPLE-WATCHING” (IN THE EVENT, YOU AREN’T COMPELLED TO CONVERSE...)
- BEING IN NATURE
- DOING VOLUNTEER WORK (THAT DOESN’T INVOLVE E-MEDIA USE...)
- ETC.

**Writing:** After your e-media fast, write an essay about your experience. Questions to ask when drafting: When did you take your fast? What did you do? What preparations did you make? What did you think about? Who did you talk to? Who did you hang out with? Where did you go? What did you observe? How did you feel? What did you learn? WHY??? BE CREATIVE AND HAVE FUN...

Essays are required to be...

- at least 4 double-spaced pages in length (12-pt, Times New Roman)
- in proper MLA Formatting and Style (even if you aren’t citing any sources, format your heading, title, page numbers, etc. in MLA Style)

**ESSAYS DUE FIRST DAY OF CLASS (PRINTED, HARD COPY DRAFT)**