

Tech Habits Interview

NAME _____

DATE _____

Part 1: Interview

Directions: With your partner, take turns interviewing each other using the questions below. This is a chance to reflect on your own tech life and learn about someone else's experiences.

Interviewer: _____

Interviewee: _____

Interview Questions

1. What is one of your earliest memories of media or tech?
 - *Think about: early games, TV shows, websites, or devices you used as a child*
2. What sorts of media and tech do you use every single day, and why?
 - *Think about: social media apps, games, streaming services, times of day you use them, reasons you use them*
3. Of the things you shared, what are the best parts about the way you use tech? What are some good tech habits you have?
 - *Think about: how tech helps you connect, create, learn, or enjoy your day*
4. Does using tech ever bring you any stress or negative feelings? When and why?
 - *Think about: moments that make you anxious, frustrated, or distracted with tech*
5. Are there any tech habits you wish you could change? Are there any new tech habits you've been wanting to build?
 - *Think about: screen time before bed, checking notifications, apps that take up too much time, skills you want to develop*

Part 2: Personal Reflections

1. When discussing tech use, what emotion came up most strongly for me (curiosity, pride, discomfort, etc.)? Why might I have felt that way?

2. What are some things I realized about my own tech habits during this conversation?

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