

DS 1 Template

My Screenshots/Photos

- Please add 4–6 screenshots or photos of your digital life.
- You can use your phone or laptop.
- For each screenshot, write one or two sentences explaining what it shows.

Screenshot/Photo 1



I can check the time and keep track of my food, exercise and sleep thanks to my watch. In addition, I can make and receive calls and respond to messages. I feel more connected to others and more organized as a result. I should use the watch more to help me with my everyday activities and spend less time reviewing alerts. These are crucial because they allow me to better balance technology and my everyday life, manage the watch at any time and be informed about everything I program on it.

Screenshot/Photo 2



I can locate locations and get where I want to go with the aid of Google Maps. helps me avoid traffic, shows me the best routes and provides me with directions. When I travel, especially to new places, I might feel more at ease and confident. I need to get better at making travel plans of time and following directions. I believe this is crucial since it will help me travel safely, save time and avoid getting lost.

Screenshot/Photo 3



I can identify myself at school and use the facilities thanks to my school ID card. Because it gives me a sense of security and organization, it demonstrates that I am a part of the institution. I must remember to bring my ID card to school each day and keep it secure. It's crucial since it makes my school day smoother and helps me avoid issues.

Screenshot/Photo 4



A kid staring at a cell phone. Everyone can view films, play educational games and learn new things using a mobile phone. They may feel delighted, amused, and inquisitive. On the other side, kids should develop better habits by exercising and using their phones less. This is crucial because it fosters effective communication and social skills in kids.

Screenshot/Photo 5



A chef streamed live. A chef can teach new recipes, impart culinary skills and respond to inquiries in real time during a live feed. The cook may feel content, self-assured and a part of the audience as a result. However, before beginning the live stream, the chef should make sure everything is ready and check the internet connection. This

facilitates clear communication, helps the chef avoid issues and improves the viewing experience.

Screenshot/Photo 6



A man at work, examining data on his computer. Everyone can accomplish vital tasks with the use of computers. You can locate information, finish tasks and interact with coworkers at work. He feels more organized, self-assured and productive as a result. However, he must get better at using computers and take regular pauses from the screen. The improvements are crucial because they enable him to operate more effectively, prevent errors and safeguard himself.

My Short Reflection

- Write 5–8 simple sentences about your digital life.
- You can use the sentence starters below if helpful.

From conducting research to maintaining connections and organization, technology plays a crucial role in my day to day activities. Although I am totally at ease using my phone and navigational ideas daily, my current objective is to improve my computer abilities to better position myself for chances in the future. Even though I frequently use gadgets like my computer and smartwatch, I occasionally get anxious when I must utilize brand new software.

I hope that this module will help me close that gap and boost my self-assurance. Developing my digital literacy is essential for my everyday life, my present coursework and my long term professional objectives.

Sentence starters

- I use digital tools to ...
- I feel confident when I ...
- I want to improve ...
- I often use these tools: ...
- I sometimes feel nervous about ...
- I hope this module will help me ...
- Digital skills are important for me because ...

You can write more if you want.

Submission Checklist

Before you submit, please check:

- ☐ I added 4–6 screenshots
- ☐ I wrote short sentences for each screenshot
- ☐ I wrote my short reflection
- ☐ My work is my own
- ☐ My file opens correctly
- ☐ My file opens correctly