

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

[Insert Photo/Screenshot below]



Using a smartphone to communicate with friends and family

Screenshot/Photo 2

[Insert Photo/Screenshot below]



Online shopping and banking

Screenshot/Photo 3

[Insert Photo/Screenshot below]



Using GPS and digital maps

Screenshot/Photo 4

[Insert Photo/Screenshot below]



Applying for jobs online

Screenshot/Photo 5

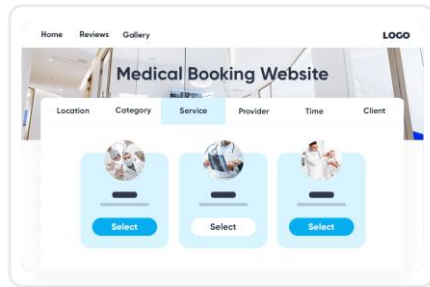
[Insert Photo/Screenshot below]



Using digital travel passes

Screenshot/Photo 6

[Insert Photo/Screenshot below]



Booking medical appointments online

My Short Reflection

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

Sure — here is a **new version with different ideas** and simple sentences:

I use digital tools to organise my day and manage my time.

I often use my calendar to remember important appointments.

I use maps on my phone when I need to find a new place.

I feel confident when I can learn how to use a new app by myself.

I want to improve my skills in using online forms and websites.

I sometimes feel nervous about making mistakes when using technology.

I hope this module will help me solve simple digital problems by myself.

Digital skills are important for me because they help me save time and communicate with others.

I would like to learn more about using technology in my everyday life.

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