

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 used a laptop to send emails to my family and friends.

Screenshot/Photo 2

Students came together in a group to brainstorm and develop solutions for preparation and for completing our assignments.



Screenshot/Photo 3



People use the bus service to get to and from work because it is affordable, helps the environment by reducing carbon emission and traffic congestion, and removes the stress of finding parking.



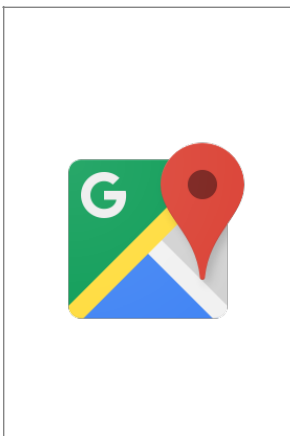
Screenshot/Photo 5

I predominately use my mobile phone to send texts to family and friends. It is also very helpful for easily accessing online banking from anywhere.

Screenshot/Photo 6



I used this picture to help teach children aged 6 to 9 about saving money from a young age, showing them the value of money, how to budget and the importance of investing for a better future.



I use Google Maps in the car to travel to and from university and it also helps me navigate around unfamiliar areas of Birmingham efficiently.

My Short Reflection

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

In my digital life, I have learned to use a laptop for daily tasks and my university work, often using digital tools such as email, online banking and Google Maps to communicate and research information.

At university, we work in groups to share ideas, solve problems and complete tasks together using digital technology.

I feel confident using my mobile phone for staying connected to family and planning activities.

I also use digital tools to help teach children about saving, budgeting and understanding the value of money, showing them technology can help manage their finances from a young age.

However, I wish to improve my skills in using spreadsheets and other computer programmes because I still need support with some areas of technology.

For example, I sometimes feel nervous because technology is always changing and I worry about losing internet access when using navigation apps, so I carry a paper map as backup for safety.

Digital skills are important to me because they help me study, manage my finances, find my way around and keep in touch with others.

I hope for this module to boost my confidence and knowledge so I can use digital technology even more effectively in my daily life and future career.



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