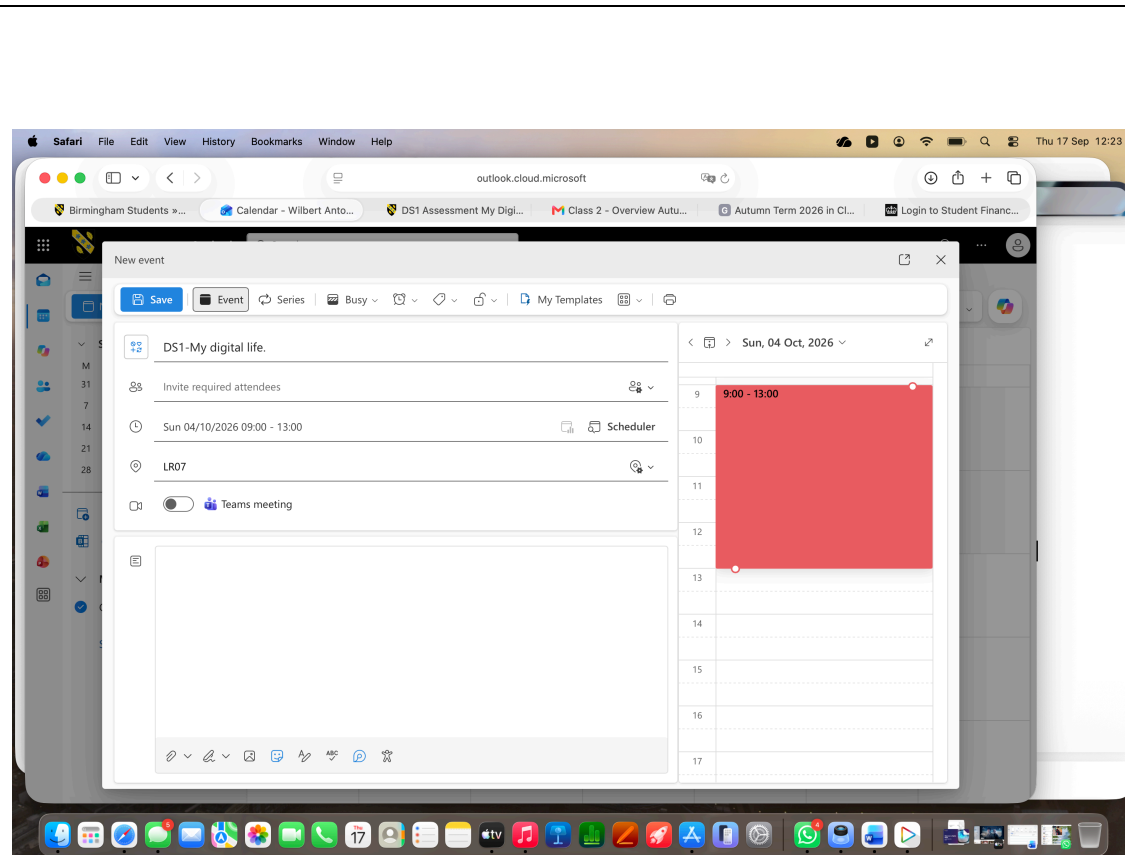


DS 1 Template

My Screenshots/Photos

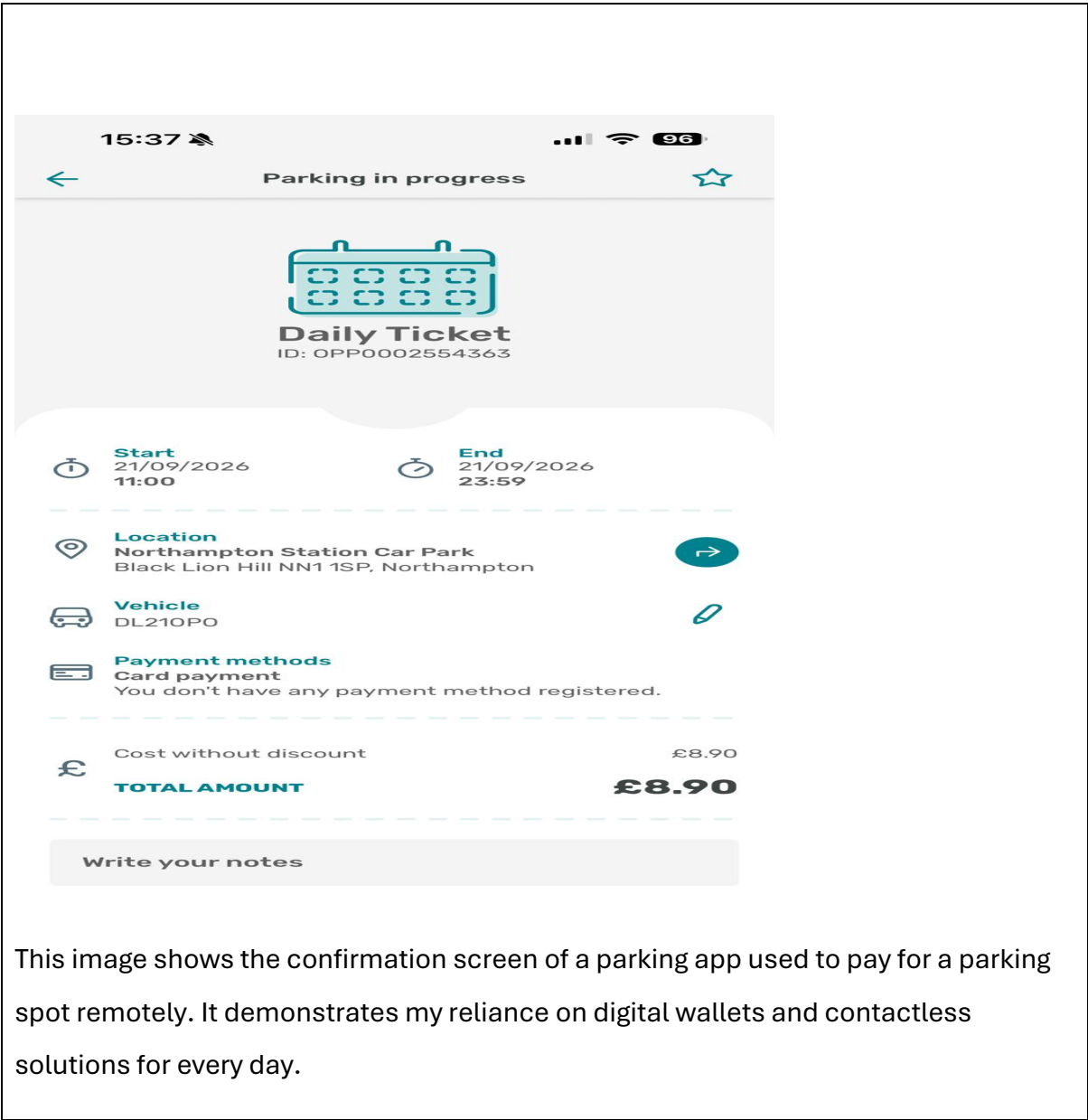
- Please add 4–6 screenshots or photos of your digital life.
- You can use your phone or laptop.
- For each screenshot, write one or two sentences explaining what it shows.

Screenshot/Photo 1



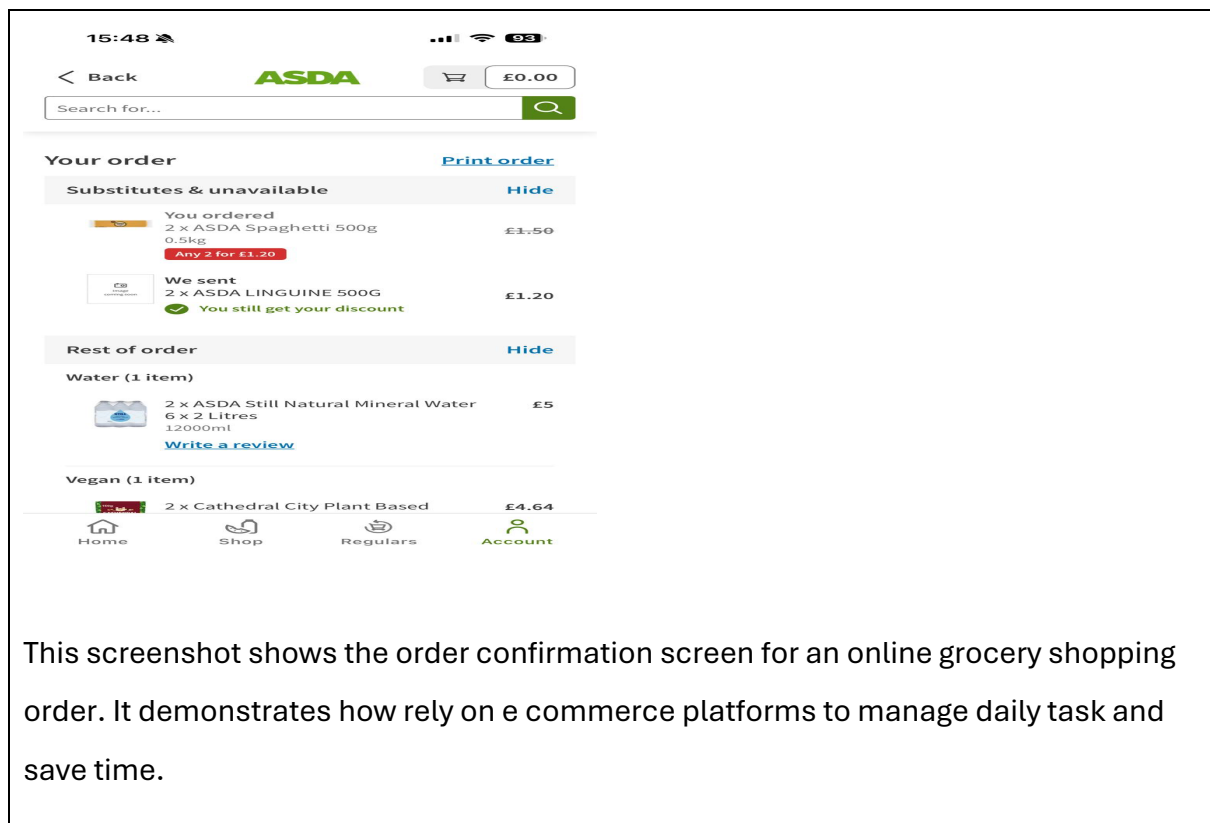
This screenshot shows my Outlook Calendar where I scheduled the date and time for my upcoming exam. It demonstrates how I use digital planning tools to manage my time.

Screenshot/Photo 2



Screenshot/Photo 3

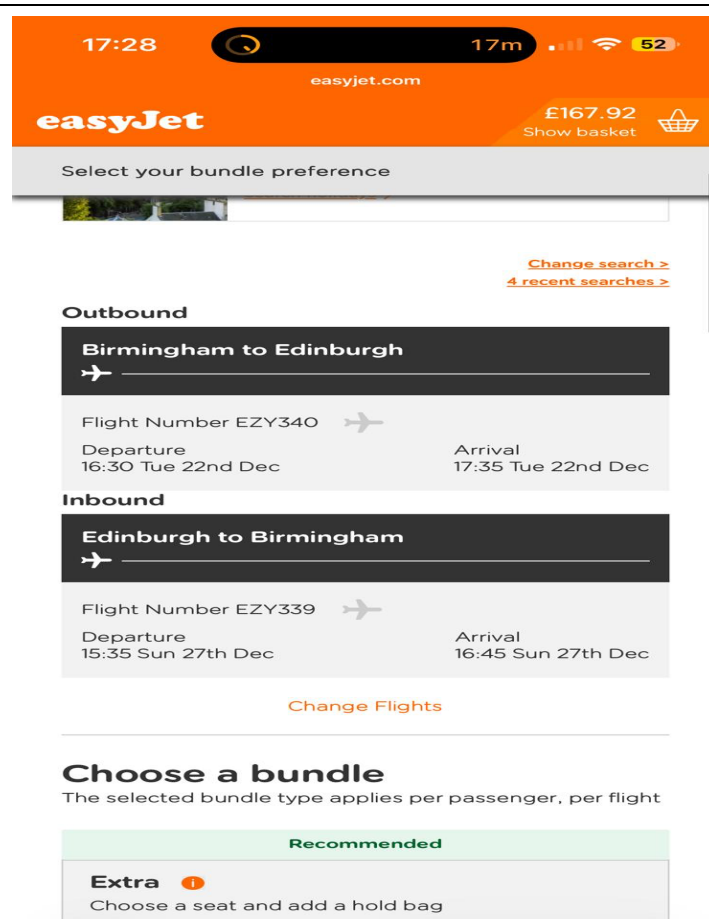




This screenshot shows the order confirmation screen for an online grocery shopping order. It demonstrates how rely on e commerce platforms to manage daily task and save time.

Screenshot/Photo 4

[Insert Photo/Screenshot below]



This screenshot shows the booking confirmation for a flight I purchased online. It demonstrate how I use digital travel platforms to plan trips and process online transactions.

Screenshot/Photo 5

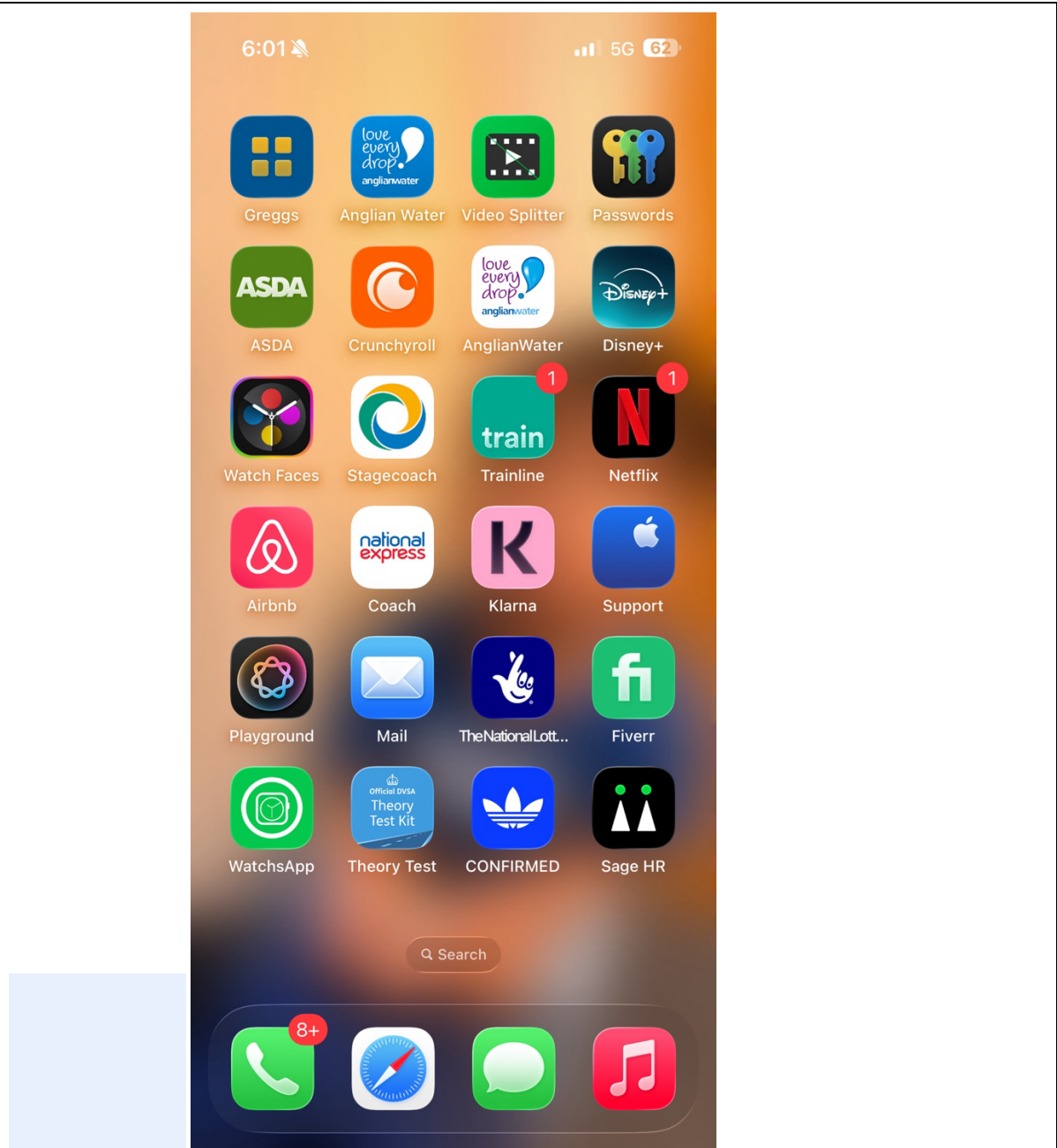
[Insert Photo/Screenshot below]

The screenshot shows a mobile view of a Facebook post. At the top, the status bar shows the time 16:31, signal strength, and battery at 85%. The browser address bar shows 'northamptonchron.co.uk' with a Facebook icon. The page header features the 'Chronicle & ECHO' logo. A 'BREAKING' banner is partially visible. A reCAPTCHA warning states: 'This site is protected by reCAPTCHA and the Google Privacy Notice and Terms of Service apply.' The main text of the post reads: 'Japan Fest Northampton will take place at Northampton Saints on Saturday, October 17, 2027, from 11am until 6pm.' Below the text is a photograph of a yellow and green stadium entrance structure with a sign that says 'welcome you to Frander's Stadium'. A blue banner at the bottom of the post says 'The coast without the cost' and 'Breaks from £69*'. The bottom of the screen shows the Android navigation bar.

This screenshot shows a new post on Facebook about an upcoming festival. It demonstrates how I used social media platforms as an information source.

Screenshot/Photo 6

[Insert Photo/Screenshot below]



This screenshot shows the active applications currently on my device. It illustrates my daily multitasking habits and the combination of tools I rely on for communication.

My Short Reflection

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

I use digital tools to organize my academic schedule, make online payments, and manage my daily grocery shopping efficiently.

I feel confident when I use mobile application to buy flights, pay parking, or navigate for digital platforms.

I want to improve my digital organization skills, screen time and online security practices.

I hope this module will help me optimize my digital habits, increase my academic productivity and use the digital tool better.

Digital skills are important for me because they allow me to save time, stay connected, and easily adapt to the university.

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