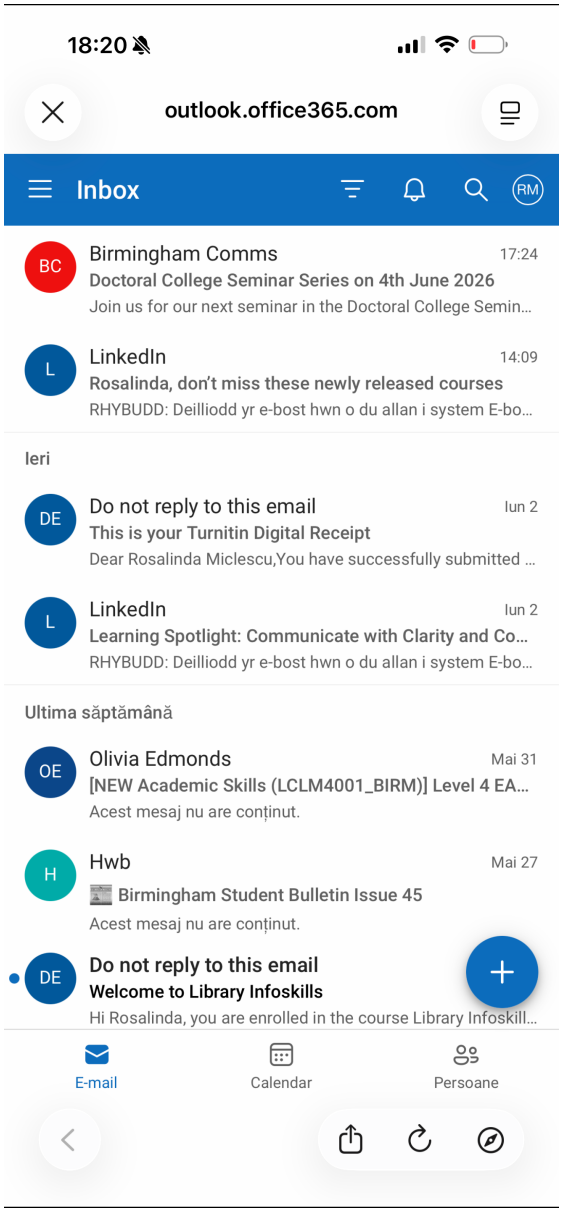
DS 1 Template

My Screenshots/Photos

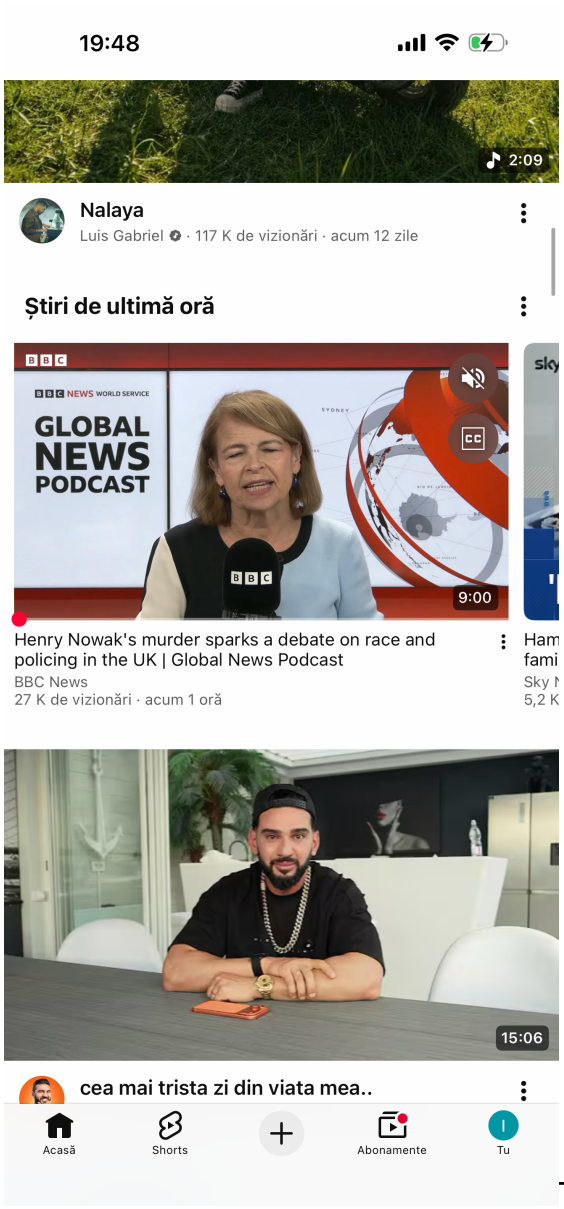
- Please add 4–6 screenshots or photos of your digital life.
- You can use your phone or laptop.
- For each screenshot, write one or two sentences explaining what it shows.

Screenshot/Photo 1



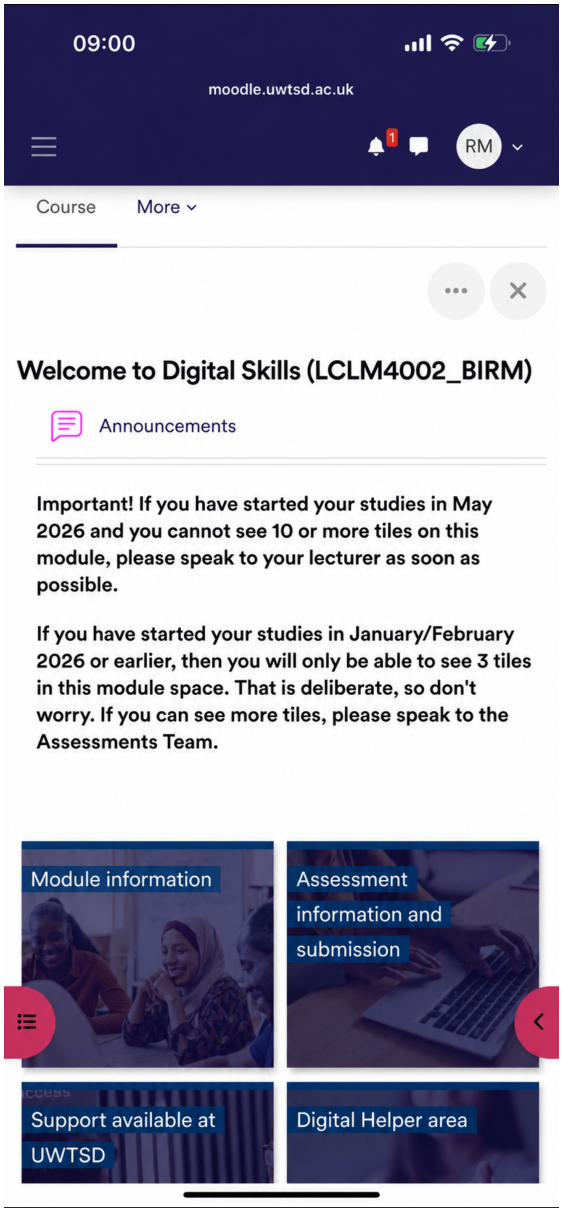
This screenshot shows my Outlook inbox.
which I use regularly for my studies. I receive emails from lecturers, course announcements and assignment information. Outlook helps me stay organised and manage my university work affectively

Screenshot/Photo 2



This screenshot shows YouTube. I use You Tube to watch educational videos, learn new skills and stay informed about current events. It helps me improve my knowledge and understanding of different topics.

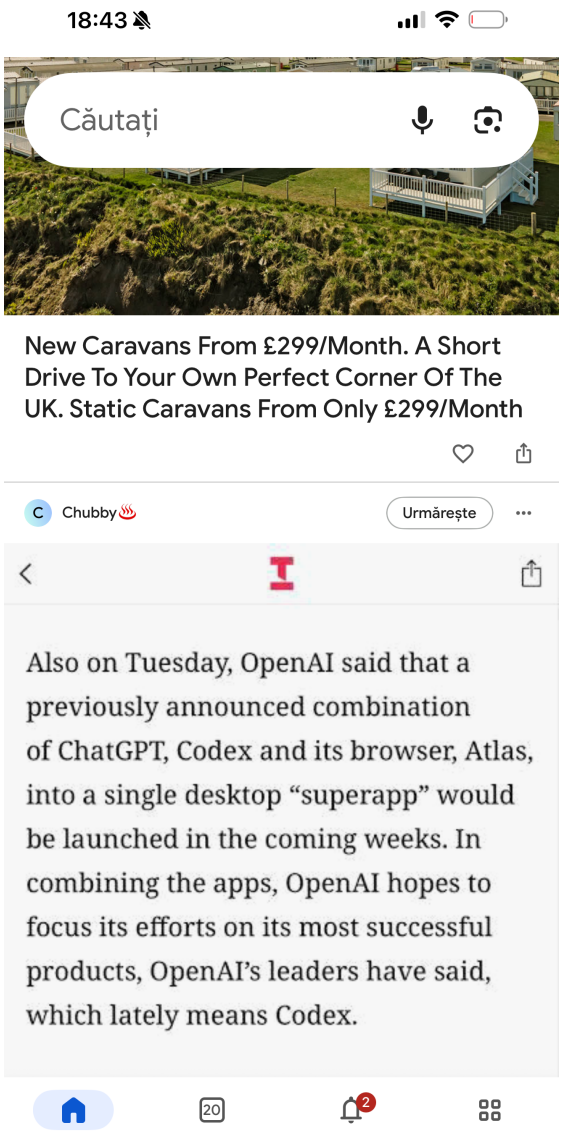
Screenshot/Photo 3



This screenshot shows Moodle, the university

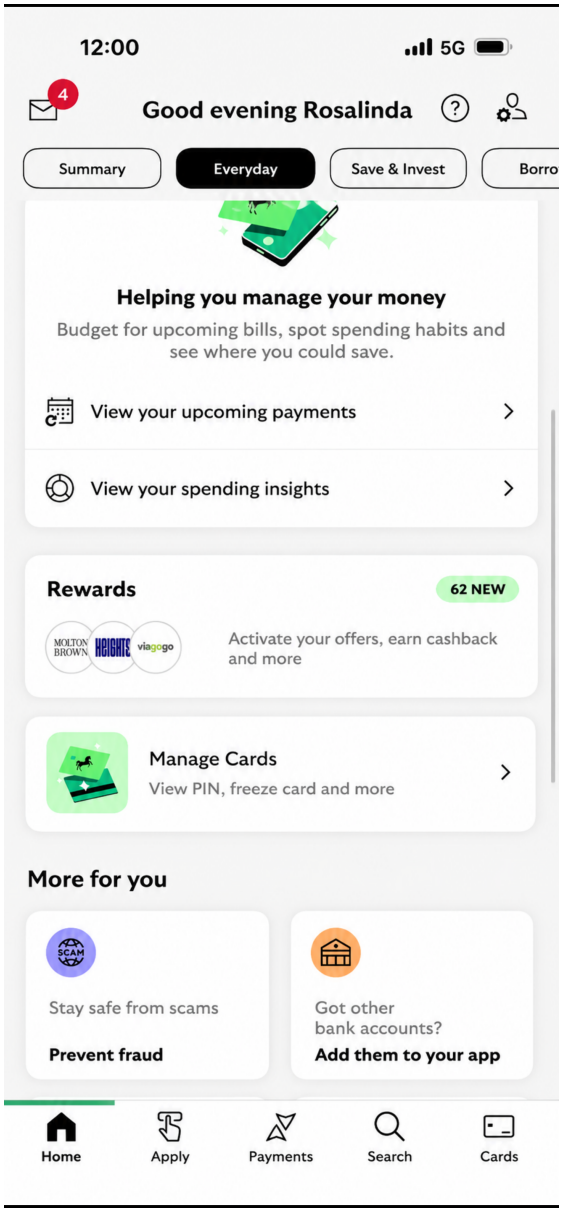
learning platform. I use Moodle to access course materials, read announcements and submit assignments. It helps me stay organised and keep up with my studies.

Screenshot/Photo 4



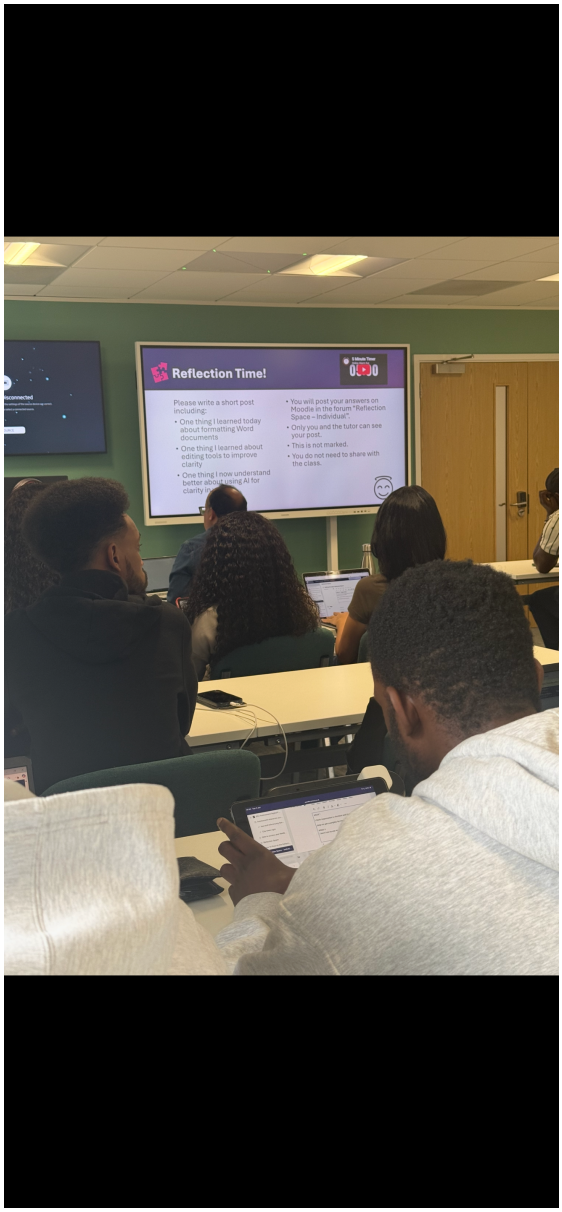
this screenshot shows an online news platform i use it to read news and articles on my phone it helps me stay updated with important information and developments

Screenshot/Photo 5



This screenshot shows my online banking app. I use it to monitor my spending, manage payments and access banking services from my phone. It helps me organise my finances efficiently. I can also check my balance and manage my money anytime."

Screenshot/Photo 6



This photo shows a

Digital Skills class at university. During lessons, I use digital tools and online learning platforms to complete activities, access course materials, and develop my academic and technology skills."

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 every day for my studies and personal life. I use Moodle to access course materials and submit assignments. I use Outlook to read emails from my university and stay updated with important information. I often use YouTube to learn new skills and watch educational videos. I also use online banking to manage my money and make payments. I feel confident using basic digital tools, but I want to improve my Excel skills. I hope this module will help me become more confident with technology. Digital skills are important because they help me study, stay organised and prepare for future work

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