

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

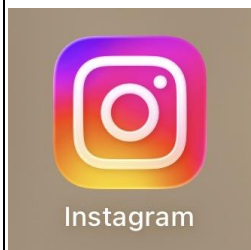
[Insert Photo/Screenshot below]



I use WhatsApp to stay in touch with my family and friends.

Screenshot/Photo 2

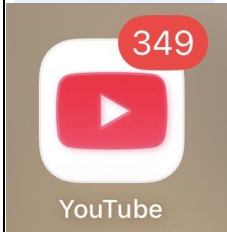
[Insert Photo/Screenshot below]



I use Instagram to follow news and post photos.

Screenshot/Photo 3

[Insert Photo/Screenshot below]



I use YouTube for watching videos and listening to music.

[Insert Photo/Screenshot below]



I use CapCut for editing video content.

Screenshot/Photo4

Screenshot/Photo 5

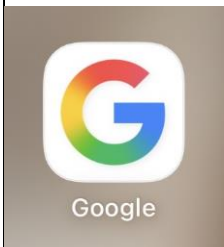
[Insert Photo/Screenshot below]



I use Lightroom for editing photos and improving their quality.

Screenshot/Photo 6

[Insert Photo/Screenshot below]



I use Google to find imported information.

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 stay connected with family and know news.
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• I feel confident when I create content and edit photos.

• I want to improve my digital skills and take better photos and videos.
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• I often use these tools WhatsApp for communication.

• I sometimes feel nervous about how much time I spend for details.

• I hope this module will help me with how to use a digital platform.

• Digital skills are important for me because they focus on practical skills and it will help me find a good job.

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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