## A DAY WITHOUT TECHNOLOGY PAPER

Rec 340 Leisure in Contemporary Society

Due Date: February 21, 2020

Point Value: 60 points

Page requirements: 4 pages minimum

**Overview**

The purpose of this assignment is for the student to spend 12 consecutive hours without using technology, any version of technology. This may be a challenge for some students, therefore, advanced planning is vital for this assignment. In case of a work or family emergency, students can make a phone call, but texting and emailing is not appropriate during this time.

* Pick a day of leisure, this cannot be a day in which you have to work.
* You may drive a vehicle, but not may not use GPS or technology based music.
* AM/FM radio is acceptable.
* Think not only of your own personal technology usage, but technology used to facilitate the leisure (i.e. Disneyland rides, cameras, etc…)
* Activities such as any cell phone functions (beyond an emergency phone call), including texting, checking email, social media, and listening to music are not allowed.
* Watching TV, playing video games, using a computer/tablet/e-reader, and using other versions of technology are not acceptable.
* The 12 consecutive hours must be when the student is awake.
* Using somebody else’s technology (i.e. a friend’s cell phone) instead of your own is not appropriate.

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| **Requirements for the Report:** | POINTS |
| 1. What day and time did the experiment occur?
2. What did you do with your cell phone for the 12 hours?
 | 5 pts |
| 1. Breakdown how your time was spent that day
	1. What types of activities did you participate in?
	2. Compare and contrast how you thought you would spend your time, with how you actually spent your time.
 | 10pts |
| 1. Analyze the inability to use technology
	1. How many times did you need technology to help you?
	2. How many times did you attempt to use technology and realize it was not allowed?
	3. How did it impact your day?
	4. What kind of feelings did not use technology provoke?
	5. What responses did you get from people when discussing the assignment?
 |   15pts |
| 1. Based upon your analysis, discuss:
	1. How did not using technology impact your leisure?
	2. Did you feel your leisure was more or less valuable without technology?
	3. Benefits gained from experience
	4. Would you do this experiment again?
	5. Connect to text book with at least five (5) citations
 | 20pts |
| Your report must be four to six full, double spaced, typed pages (12pt Arial font, 1” margins), free of grammatical and spelling errors. Must include APA citations and reference page.  | 10pts |
| TOTAL | 60 pts |

Failure to include citations for the text book or other information sources will result in the immediate failure of the assignment.