

Back to the basics

In a world full of technology, we all need to relax sometimes. In this writing assignment, you will do a self-analysis on how well you are handling screen-on and screen-off time. You will also be analyzing the advantages (and disadvantages) of cell phones and computers.

Your task: **Write a text discussing how technology has changed the world and our way to live with both own examples and examples from the real world.**

The following **MUST** be included in your text in some way:

- How much you are online and how it has impacted your daily life
- How well you are with using internet for a balanced amount of time
- How well others near you (your family, friends, relatives etc.) handle their time with technology, and if their screen time has formed any arguments in the family
- Some examples on how technology has changed the way we live.
- A complete analysis of the advantages and disadvantages of having access to phones, computers, or other connected devices in the following environments: at home, at work, at school, and in public.
- A solution to some of the disadvantages that you mention in your analysis.
- A conclusion where you tie the content together and finish the text.

