**Purge & Binge: Social Media Fast & Dialogic Seminar**

Questions = 55 points / Verbal contribution during seminar = 30 points

Guidelines & Expectations for Seminar Participants

1. You must arrive to class **ON TIME** with your answers in hard copy.
2. You must contribute to the dialogue at least **THREE TIMES** to receive full credit.
3. Provide specific example(s) when responding to a question or fellow learner.
4. Stick to the point currently under discussion; take notes about ideas you would like to return to.
5. Listen carefully and respectfully to the ideas of your community. (Acknowledge first; Articulate second)
6. **Please do not dominate the discussion**. **This can intimidate others.**
7. Be curious! If you do not understand someone’s ideas, please ask *them* for clarification or elaboration. Paraphrase: “What I heard you say was…” (OR) “Tell me more about what you meant by…” **During the seminar please write down three things you learned. Please provide the names of the humans who contributed them. Record these findings directly on your paper.**
8. **Please do not dominate the discussion**. **This can intimidate others.**
9. Address the person to whom you are speaking – **talk to each other, not to me.**
10. Make sure that your contribution **builds upon that of a fellow learner’s**. For example, if you agree or disagree with someone, address them by their name, explain why, and add your own thoughts.
11. Once the dialogue has begun we will revert to traditional hand-raising and you will choose the person who speaks after you. This allows for greater participation by less assertive speakers and maintains the premise that this is *your* dialogue.

**Your 48 fast begins at midnight on Thursday and ends at midnight on Sunday.**

**OFF LIMITS:** Texting, Facebook, Twitter, Snap Chat, Instant Messaging (Gchat, FB messenger), Instagram, Skype, Pinterest, Pandora\*, Spotify\*, Reddit, Swarm, Kik, VK, meetup, Online gaming, Online Dating, Blogging, WhatsApp, Google+, Myspace, Flickr, Tumblr, Vimeo, Foursquare, Vine, Tinder, Yik Yak, Yo and all other social networking sites. **You cannot read or respond to any incoming messages. Delete all social media apps from your phone/tablets.**

**OK TO USE**: Email/messaging for work & school related business. You may also use your phone to call humans. You may watch programing on Netflix, Hulu and YouTube, but you may not read or contribute to the comments sections. \*You may listen to music on Spotify or Pandora but you may not share your playlists or songs.

**PART ONE: Answer these questions before your fast**

1.Make a list below of all social media you use daily **AND** note the date that you created each account (rough estimate).

2.What role does technology play in your life? Connect your response to your position on the digital native 🡪 immigrant spectrum.

3.Sheri Turkle (author & professor of social sciences at MIT) argues that we are becoming too comfortable being “alone together”. What is your interpretation of this concept? Do you agree with her assertion? What examples can you provide to support your position?

4. “You need to build an ability to be yourself, and not be doing something. That’s what the phones are taking away.” – Louis CK. This includes feeling the feelings that humans feel. Like sadness.

Louis CK talks about a time when he heard a Bruce Springsteen song on the radio and he started to feel sad. His first reaction was to find his phone and text “hi” to everyone he knew, thus avoid feeling his feelings. Instead, he “stood in the way of it and let it hit [him] like a truck.” **Discuss a time wherein you behaved in a similar fashion. Did you let your emotions plow you down or did you allow social media to creep into the moment? (Reference any example, happy, sad, scared, excited etc.)**

**PART TWO: Answer these questions during your fast – do not wait until it is over to respond. Keep at “texting journal”:** If you need to text something, actually *text* it. Write it down. Keep your journal with you always.

5. What did you find most difficult and/or fascinating about this fast? Any personal insight gained? What emotions did you experience?

6. What made you want to “use”? What experiences/thoughts/feelings/events made you want to get on social media during your 48-hour exodus?

7. Who do you most communicate with using social media? How did this fast impact your relationship with these humans?

8. How will this fast will impact your future attitudes or behaviors?

9. Is there a distinction between your online self and your offline self? Does your communication behavior differ when you are online? Explain.

10. How does your position on the High to Low context communication spectrum influence your participation and interaction on social media? Be specific. Make sure you demonstrate understanding of this concept.

11. Design one question for the room based on your experience. You may be asked to present this question next week during our second seminar.