



## Citizen Empowerment Course

### Module 5 | Unit 1

### Worksheet



## **Individual Activity: Reflecting on Social Media Use**

### **Instructions:**

- Reflect on your daily use of social media.
- Answer the following questions honestly to gain insight into your social media habits and its role in your life.

### **Questions:**

#### **1. Daily Usage:**

- How many hours do you spend on social media every day?

#### **2. Preferred Platforms:**

- Which social media channels are you most active on?

#### **3. Learning through Social Media:**

- How useful is social media for learning?

#### **4. Posting Frequency:**

- How often do you post on social media?

#### **5. Morning Routine:**

- Is social media the first thing you check in the morning?

<p><b>How many hours do you spend on social media every day?</b></p>	
<p><b>Which social media channels are you most active on?</b></p>	
<p><b>How useful is social media for learning?</b></p>	
<p><b>How often do you post on social media?</b></p>	
<p><b>Is social media the first thing you check in the morning?</b></p>	



# EMERGE

EMpowerING civic Engagement and participation