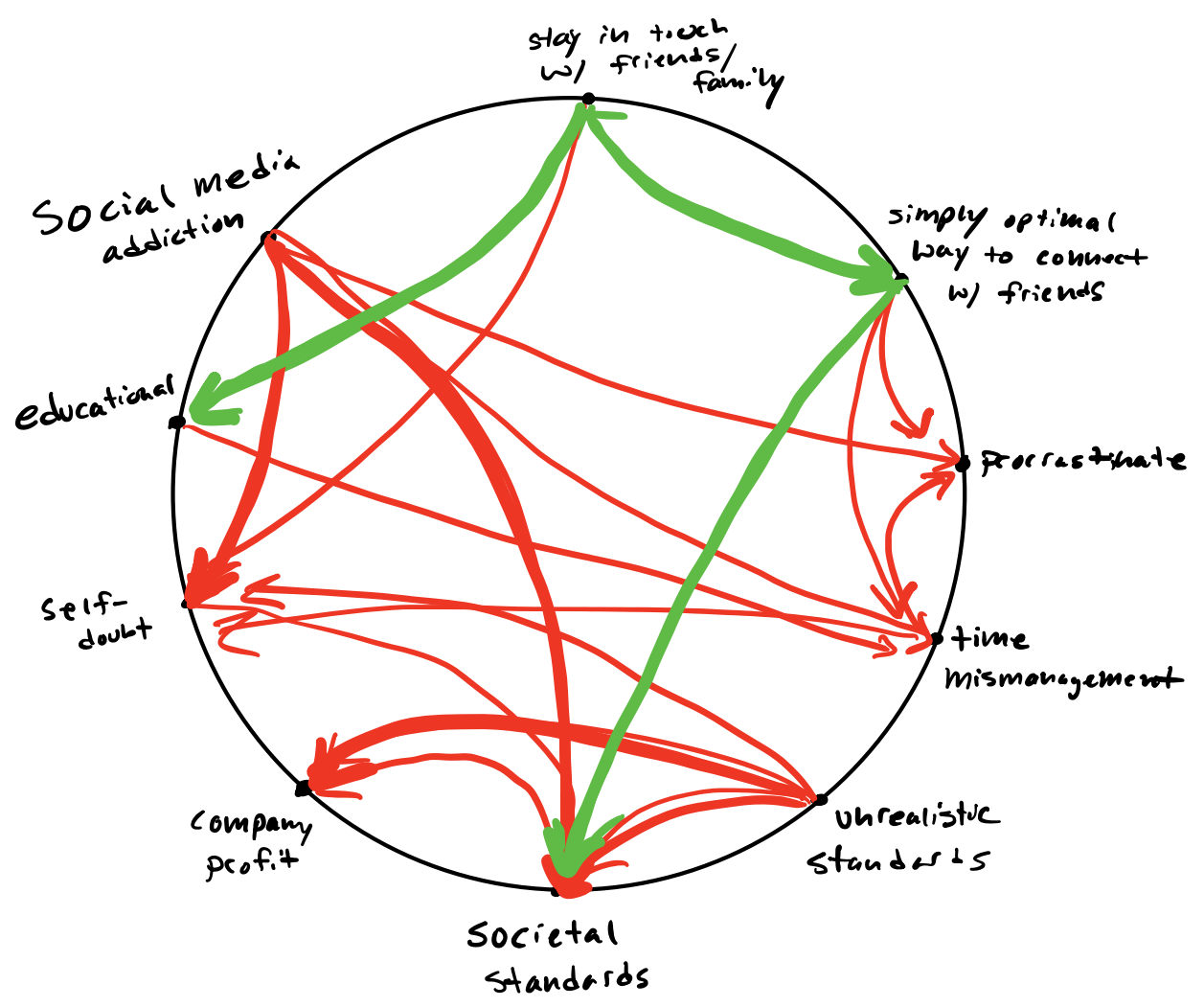


Connection circle



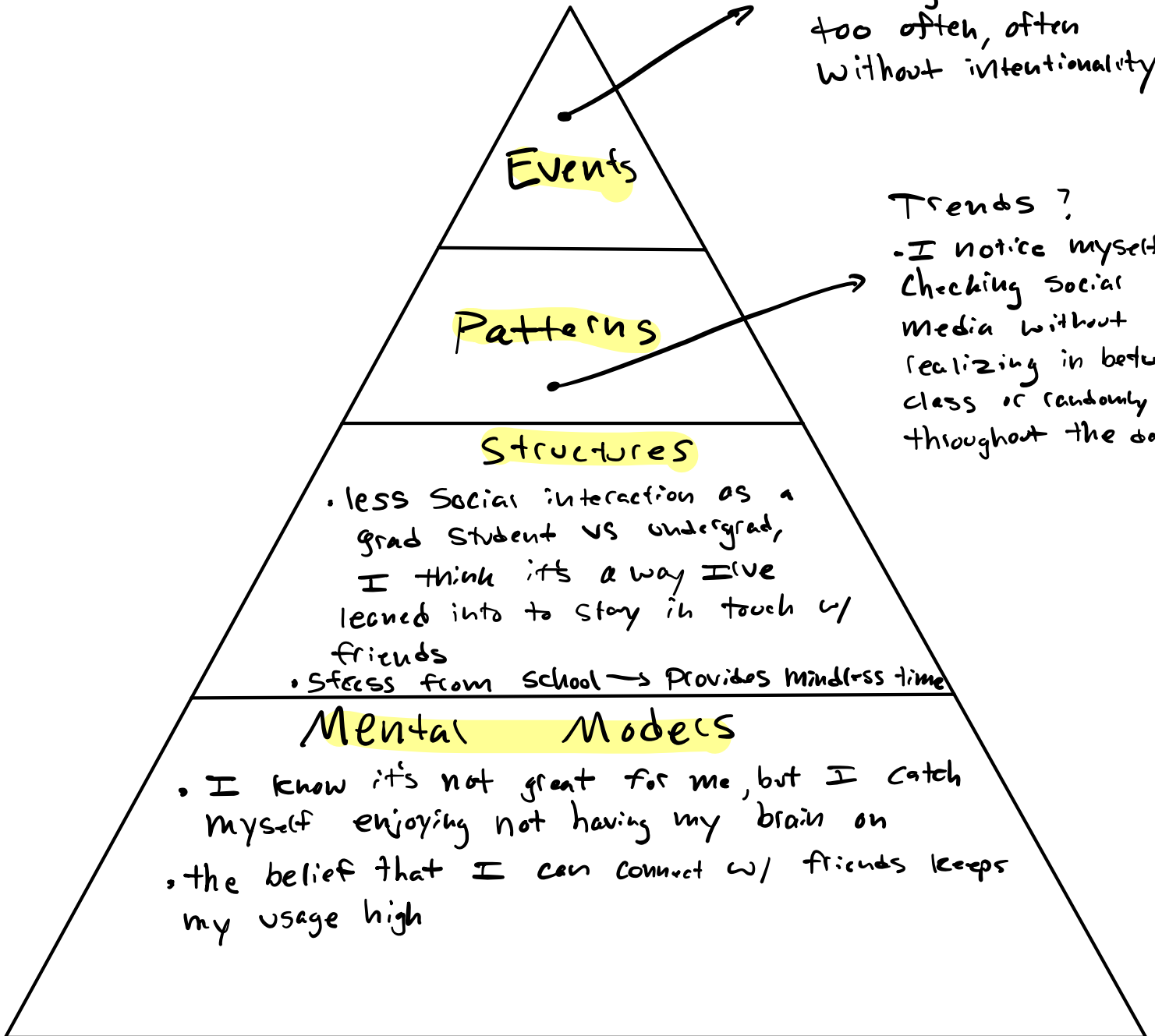
Iceberg

What happened?

- Checking social media too often, often without intentionality

Trends?

- I notice myself checking social media without realizing in between class or randomly throughout the day.



Events

Patterns

Structures

- less social interaction as a grad student vs undergrad, I think it's a way I've learned into to stay in touch w/ friends
- Stress from school → Provides mindless time

Mental Models

- I know it's not great for me, but I catch myself enjoying not having my brain on
- the belief that I can connect w/ friends keeps my usage high