

CREATIVE HOMEWORK

THE DIGITAL LIFE AUDIT

A 3-day reflection + five practical tasks on digital habits, professional technology and cybersecurity.

01

MY DIGITAL PROFILE

Track, calculate, reflect

02

24 HOURS WITHOUT A SMARTPHONE

Plan realistic alternatives

03

MY PROFESSIONAL TOOLKIT 2030

Build a 10-item toolkit

04

CYBERSECURITY GUIDE

Create 10 essential rules

05

THE GADGET FROM 2035

Pitch an original device

Use this booklet as your working guide. You may complete it digitally or print it and write by hand.

TASK 1

MY DIGITAL PROFILE

For three days, track your interaction with technology. Then calculate your totals and write 250–300 words.

STEP 1 Track your digital activity

Activity	Device	Time	Purpose	Necessary / Optional
messaging	smartphone	45 min	communication	mixed
study	laptop	120 min	academic	necessary
social media	smartphone	70 min	entertainment	optional

Add your own entries for all three days in your notes, spreadsheet or journal.

STEP 2 Calculate

total screen time _____

professional/academic use _____

entertainment _____

communication _____

social media _____

productive use _____

automatic/unintentional use _____

STEP 3 Write 250–300 words

USE THESE PHRASES

- | | |
|--|---|
| ☐ The data indicate that... | ☐ I rely heavily on... |
| ☐ A considerable proportion of... | ☐ I was surprised to discover... |
| ☐ The most time-consuming activity was... | ☐ In contrast... |
| ☐ One habit I would like to change is... | ☐ Overall, technology enables me to..., but... |

TASK 2

24 HOURS WITHOUT A SMARTPHONE

Design a realistic plan for one full day without using a smartphone.

How would you...

ALARM

wake up?

CHAT

communicate?

MAP

navigate?

PAY

pay?

PHOTO

take photographs?

PLAN

check your schedule?

STUDY

access university materials?

FUN

entertain yourself?

SOS

contact someone in an emergency?

FINAL QUESTION

Which smartphone functions are genuine necessities and which are merely conveniences?

TASK 3

MY PROFESSIONAL TOOLKIT 2030

Create a 10-item professional digital toolkit. At least three items must be software or online services.

For each item include: device/tool → purpose → professional task → main advantage → possible drawback → cybersecurity consideration

01

DEVICE / TOOL

PURPOSE

PROFESSIONAL TASK

MAIN ADVANTAGE

POSSIBLE DRAWBACK

CYBERSECURITY

02

DEVICE / TOOL

PURPOSE

PROFESSIONAL TASK

MAIN ADVANTAGE

POSSIBLE DRAWBACK

CYBERSECURITY

03

DEVICE / TOOL

PURPOSE

PROFESSIONAL TASK

MAIN ADVANTAGE

POSSIBLE DRAWBACK

CYBERSECURITY

04

DEVICE / TOOL

PURPOSE

PROFESSIONAL TASK

MAIN ADVANTAGE

POSSIBLE DRAWBACK

CYBERSECURITY

05

DEVICE / TOOL

PURPOSE

PROFESSIONAL TASK

MAIN ADVANTAGE

POSSIBLE DRAWBACK

CYBERSECURITY

TASK 3 CONTINUED

MY PROFESSIONAL TOOLKIT 2030

Complete items 6–10. Remember: at least three of your 10 items must be software or online services.

06

DEVICE / TOOL

PURPOSE

PROFESSIONAL TASK

MAIN ADVANTAGE

POSSIBLE DRAWBACK

CYBERSECURITY

07

DEVICE / TOOL

PURPOSE

PROFESSIONAL TASK

MAIN ADVANTAGE

POSSIBLE DRAWBACK

CYBERSECURITY

08

DEVICE / TOOL

PURPOSE

PROFESSIONAL TASK

MAIN ADVANTAGE

POSSIBLE DRAWBACK

CYBERSECURITY

09

DEVICE / TOOL

PURPOSE

PROFESSIONAL TASK

MAIN ADVANTAGE

POSSIBLE DRAWBACK

CYBERSECURITY

10

DEVICE / TOOL

PURPOSE

PROFESSIONAL TASK

MAIN ADVANTAGE

POSSIBLE DRAWBACK

CYBERSECURITY

☐ I included at least 3 software / online services.

TASK 4

BEFORE YOU CLICK

Create a one-page cybersecurity guide: 10 rules every young professional should know.

LANGUAGE REQUIREMENT Use **must** / **mustn't** / **should** / **shouldn't** / **can** / **may**.

01

Passwords

02

Two-factor authentication

03

Phishing

04

Suspicious links

05

Public Wi-Fi

06

Software updates

07

Backups

08

Personal data

09

File sharing

10

Reporting incidents

Tip: write short, direct rules a colleague could follow immediately.

TASK 5

THE GADGET FROM 2035

Invent one device that does not currently exist in this exact form. Build a clear investor pitch.

THE PROBLEM

What frustration does it solve?

THE DEVICE

What is it?

HOW IT WORKS

Explain the process.

TARGET USER

Who needs it?

COMPETITIVE ADVANTAGE

Why is it better than existing solutions?

RISKS

Privacy? Cost? Security? Dependency?

PRICE

How much should it cost?

PITCH

Why should investors give you €1 million to develop it?