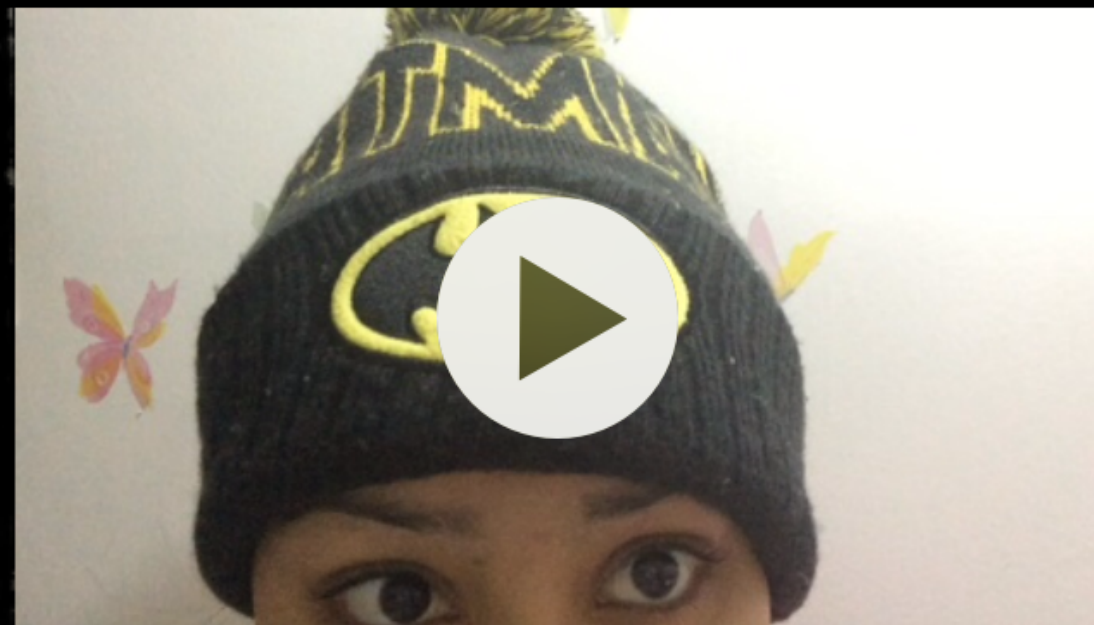
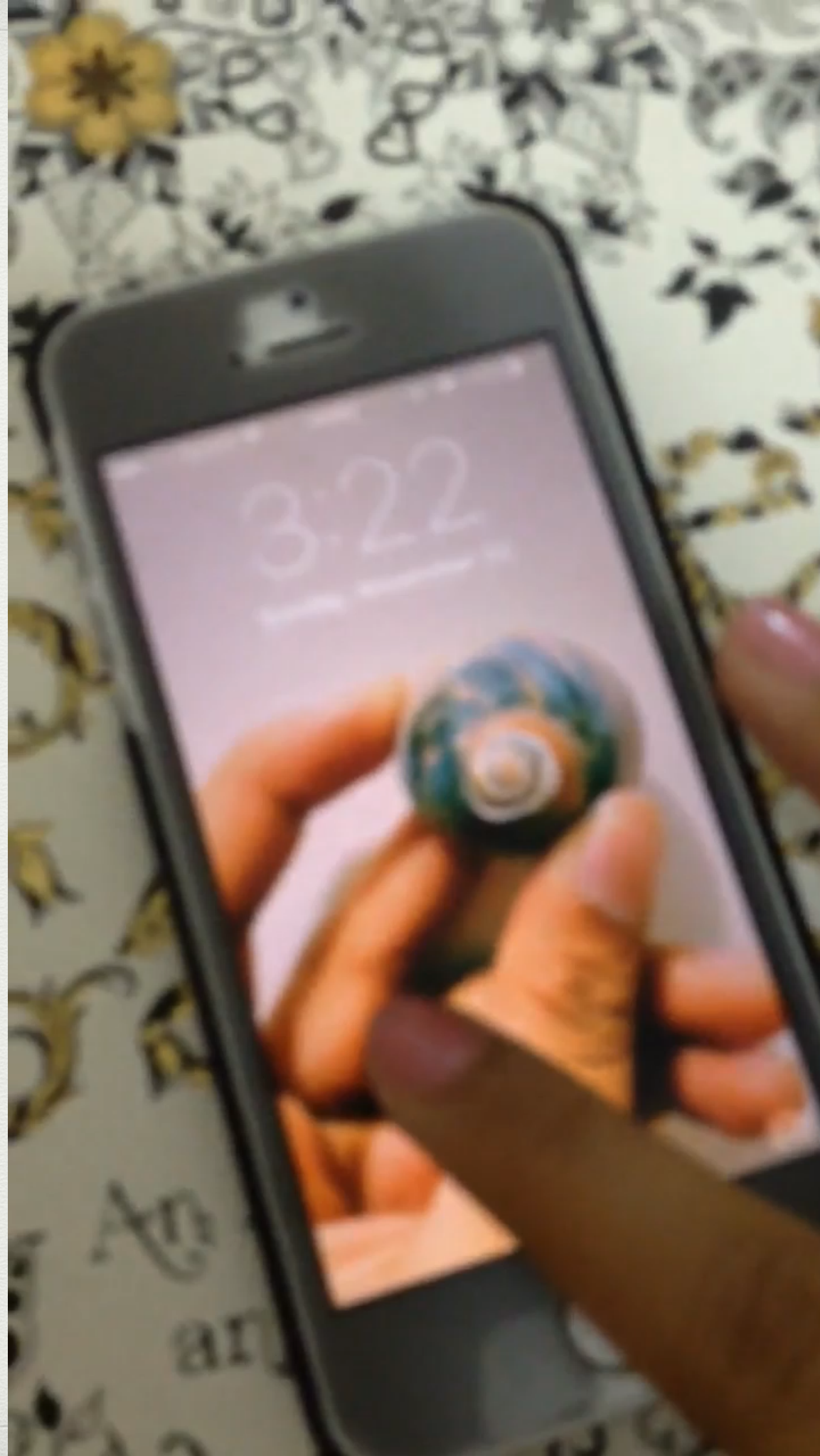


SIGNED OFF

Progress this far.







Video.Of.The.Day

New Beginnings.

All good things must come to a ... disconnect? Friday the 20th, 2015 was the day it all began. I, unlike, the rest of the world decided to PURPOSELY sign myself off of all the social networking sites in which I participate in. I know what you are thinking, "What would compel a person to do such a thing?" Well for me it was because I had to come up with a project for my Writing with New Media course. I thought that since social media and availability online played such an important role in the course I would disconnect myself entirely and track through various modes of media how this disconnect would

I have began to write complete blog posts to accompany the videos and pictures of the day.

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The First day of this experiment like many others went by as a hard day's work. I did not find it as bad because most of it was spent in work, however, when I went on break I found myself lost. I had nothing to do but eat my lunch. I paid attention to the food, the way it tasted, the colors and smells of the food. It was a new experience because I could not remember the last time I looked at the food that was going into my mouth. Most times I am staring at my phone busily scrolling through what seems like an endless feed. I also noticed that the time went a lot slower. Thirty minutes felt like an hour. It is amazing how quickly I was able to gauge the changing sense of time. I was able to give an account for where my minutes went instead of mindlessly wondering if I thirty minutes really ended before it even begun.

As in Josh Becker's, "7 Important Reasons to Unplug and Find Space", and Singyin Lee's, "Get Off The Internet: A Challenge to Reconnect With Yourself", there was a recurring notion of how this unplugging or in my case the signing off from social sites would allow one to reconnect with themselves as well as their environment. I can only expect the same for me, but in such an early step of this experiment I cannot say that it is truly what I expect will happen. I believe that I will feel anxious and overwhelmed by the devastating amount of information that I will miss out from, but I know that this will also give me the ability to understand more how exactly social networking sites affect me and what they exactly mean to me.

I also speculate that this experiment will also give me a new definition on concepts that build around social media such as participation and attention. I know that just in this first day, in a matter of minutes I was able to focus all of my attention into a particular moment and not a large amount of information. I was able part take in one moment that had many parts. For me, this moment made me examine all that social media was not: for one, it was a constant feed of never ending emotions. A person steadily bounces between emotions of euphoria and dystonia within a fraction of seconds which if you think about it is quite unsettling. Secondly, the user becomes so engaged and caught up with what their followers are doing that they lose their own sense of time and being. My disconnect allowed me to see this meal like I possibly have not in

years since I joined a SNS. As mentioned before, I was participating in one moment with many parts. I was enjoying one meal and felt a steady flow of emotions that lasted a larger period of time. I was able to immerse myself-- entirely. I was able to live a moment from beginning to end without interruption well maybe a few interruptions but I was able to live an entire moment and feel myself be a part of it without the feeling of being on a roller coaster which was something new.

This first day has given me quite a lot to look at, I only expect that as the days go on th

This first day has given me quite a lot to look at, I only expect that as the days go on that the things I see in myself and the world around me without SNS will continue to expand. I also hope that it will also go by fast because even though it is an exciting experiment I do not think I can live without The Shaderoom for much longer!

What do You Mean It's Only been 3 Days?

constant worry about what I was missing out on. As a guilty pleasure I read, "The Shade Room" (TSR), a celebrity blog that gives updates about trending celebrity stories. I have grown attached and soothed by this blog. It has been my way to unwind after a long days' work or school. For the past four days however I have been lost and it worries me. I am worried that I will have to catch up on so much and I will also miss out so much. I have no idea what is going on and I have had to find a new ways to deal with my new time—coloring. In four days I have reassigned and invested my time in more creative outlets. I have never colored so much since the fourth grade but although it does occupy my time I still find myself worrying about missing out on some outrageous selfies or videos.

Nothing Goes Unnoticed

I have also noticed my ability to pay more attention to smaller things. I notice the people around me, words on the wall, and even the objects on the ground. These things which I have gone months without noticing because my head would be buried in my phone; scrolling through social media. My attention to detail has caused me to become not only more aware of the things I do but the manner in which I do them. I pay more attention because I am not being drawn to or constantly stopping to check my SNS. I am more interested and invested in people and their stories because I have nothing to distract me with.

Relearn, Reuse, Reinvigorate

The last effect of this experiment that I have noticed is that I am relearning how to use my iPhone (who knew there was more to it than my SNS apps). I am more cautious of what I do and how I do it on my phone. Since Friday I have downloaded games, and photo editing apps that allow me to take advantage more of what the phone has to offer. I have been taking advantage of my camera and all that it has to offer. I have also noticed that when I take a picture now I take it not for the 'likes' but for a purpose. I have found an interest and enjoyment in taking photos that I never knew before. I would before this experiment take a picture for the sole purpose of posting it and seeing people like it.