

Binder 3 – Task 1

Technology usage

1. Take the [following quiz](#). What was your result? Do you agree?
2. Track the time you spent on the internet for one day. What were the main activities you used it for? Were you surprised by the result?
3. In your opinion, do you spend too much time on technology? How could you reduce your usage?
4. *Are we in charge of our smartphones or are they in charge of us?* Reflect on this quote and write a short essay (half a page to a page) on how technology influences our lives.