

Design the Digital Reflection Questions:

Some thoughts

1. How do different generations fear different aspects of the digital world? What fears are common?
2. How could the digital world be designed to be user-friendly across generations?
3. Is history repeating itself with the introduction of new technology or does the digital world bring new concerns?
4. Are there physical concerns for long-term use of the digital world? (ex. Bluelights, eyesight, changed attention span, hearing) How concerned are you and why? Would you like to use the digital world less for the sake of physical health?
5. Are there mental health concerns for long-term use of the digital world? (ex. body image, anxiety) How concerned are you and why? Would you like to use the digital world less for the sake of mental health?
6. What are habits that differentiate a user's comfort with the digital world? How comfortable are you with the digital world? (ex. Using the thumb vs pointer finger to type)
7. Emojis- Have you noticed that digital communication habits change at rapid rates? I have cycled through various emoji eras. Do you also? Or have you been consistent? What emojis have you gravitated to? What do they say about you? Which ones are over/under rated? If you could design one that would be useful, what would it be?
8. Expressions (ex. lol, jk, omw)- Have you noticed that digital communication habits change at rapid rates? I have cycled through various expressions. Do you also? Or have you been consistent? What expressions have you gravitated to? What do they say about you? Which ones are over/under rated? If you could design one that would be useful, what would it be? Have you observed the use of these expressions outside of the digital? How do you use "lol", "lmao", "haha", "HAH", etc.
9. What are your music habits? How does the accessibility to music alter your habits? How do you choose your music in this Digital Age? How do you listen to it? When do you listen to it? Are you concerned for your ear drums in the long term? How often do you sit in silence? Do you create playlists or listen to an album? How does technology facilitate this?
10. Content Curation and Explore Pages- What does your content page say about you? How often does your explore page change? Has it ever gotten it completely wrong? What measures do you take to control your explore page? Would you like it to be more or less accurate? Would you like more randomness?
11. When do you think you'll be out of touch with the Digital World? Is this sentiment generational or a constant to technologies?
12. How often do you check in on the digital world? How long could you last without? What apps do you find yourself on? Is there anything about your habits that you would like to change? What are you hoping to get out of the digital world when you check?
13. What do you get out of the Digital World? Dopamine hit? Necessary tool? Why the digital world for the dopamine hit?
14. Define what "friend" in all realms means to you. What does it mean on *insert platform name*? How do these two definitions feel conflated? How many "all world" friends do you have? How many digital friends do you have? The digital world facilitates many relationships. How many of those have been meaningful? If the digital world ended, how many would you stay in touch with?
15. How does capturing the moment change the moment? What do you do with your photos? How have your photo habits changed? When do you capture the moment, finds that it ruins the moment, or appreciate when someone else does? Why the need to capture? How does a photo that you take differ from those taken by others? How long will you carry these photos with you? Who will carry them when you are gone? What if you stopped taking photos, what would happen to your moments? How many photos do you take day to day? How about during special occasions?
16. Given the digital footprint and amplitude of photos, how will you be remembered? Do you have any parts of your digital footprint that may alter how you are seen? What will future generations think of your digital content? What will happen to your digital content? How will this affect intergenerational relationships?
17. What % of people you would no longer interact with if it were not for the ease of the Digital World? What would the consequences be if you stop interacting with them?

18. If you gave up the digital world, what would you replace the digital world with? What alternatives would you need to find? Consider the practical (education, news sources, work) and the leisure.
19. How do you receive news? How do you select your sources? How do you assess credibility? What do you learn on the digital world?
20. How often do you create digital content, why? What are your rules for what you share digitally?
21. The digital world is fast moving. How has your patience changed? Consider ads, slow internet, explaining technology older generations
22. How does the digital world make you a better version of yourself? A worse version? How about society as a whole?
23. There is a push towards AI and bots, do you miss some forms of in person human connection?
24. What are your shopping habits in the digital world? How good are the ads recommended towards you? How often do you use the digital world to shop? What items are better or worse to shop for? Do you spend more or less due to the digital world?
25. How is digital learning different from in person? What are your thoughts on remote learning?
- Best lecturer takes online video and shares with everyone - cheap
 - Many okay lecturers - expensive
- Do we get more things out of school than education?
26. What sites affect your choices? Whose opinion do you find to be credible? How often do you rely on reviews? How often do you leave your own review? How often do you choose to ignore reviews or choose places at random? Why?
27. How aligned is your digital self, in person self, and alone self? When do you feel the most authentic with each?
28. How do you quantify yourself? What are your thoughts on tracking? How does this change your habits? Would you track yourself if it were not for the willingness of the digital world to do so?
29. Children- When should they participate in the digital world? When should they be featured in the digital world?
30. I observed BeReal found ways to enter moments where I would not normally consider taking out my phone- genius! What moments of peace have you found yourself unnecessarily engaging with the digital world? Ex. Car rides, plane rides, with friends, etc. Is there anything about these habits you would like to change?
31. Why are most people who code men? Why do mostly boys/men play video games? What spaces has this created in the digital world? Ex. Coded bias
32. How often do you reject cookies? Nudge theory!
33. How does the expansion of the digital world affect the environment? The built environment? Our ecosystems?
- <https://news.yale.edu/2021/01/27/surge-digital-activity-has-hidden-environmental-costs>
34. How did the pandemic alter digital world habits? Did something pivot or was this inevitable?
35. How equipped do you feel to talk about the digital world? How often do you engage with others on this topic? What would be a general consensus?
36. Do you trust those who are designing the digital world? What concerns may you have?
37. Who are the digital content creators you watch? How do systemic inequalities affect the "neutrality" and "equality" of the digital world? What are the implications of largely white and western content creators? Does this differ from the past power of Hollywood? What are the problems with the concentrated power of Hollywood? How could we do better? *What can we design into the digital world to help us make it easier to do better?*
- <https://www.pewresearch.org/internet/2004/02/29/content-creation-online-2/>
 - <https://www.statista.com/statistics/1279537/digital-content-creators-worldwide-by-country/>