**Media Studies 120**

**Journal Entry 1: How Media Affects You**

For your first journal entry, reflect on the influence that media messages, and your exposure to media have on you.

By now, you have completed your “Media Watch” survey and you have an idea of how much time you spend consuming media.

This is your chance to think about all the ways that information and messages are transmitted to you each day. Once you've thought about various ways you receive media messages, think about the 1) **amount of time** to spend with those messages, and the2) **type of information they contain**. Finally, think about 3) **the ways you may be affected by this information**—how would things be different without these media messages?

In your journal, reflect on the affect media has on your life. Like any journal assignment, there is no "right answer." Your goal is to reflect your thoughtful response to the assignment.