



# Internet Journal

Lucas Oliveira

## May

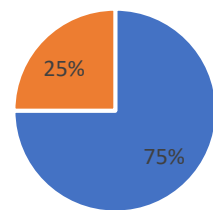
In May 2022 I used my cell phone more for social networks, watching movies/entertainment videos I used it more as my means of distraction to spend time both at school and at home which was when I had free time, I spent more time with it in my hand.

The computer was little used due to the few jobs we had to do after this medium, I used it more to study the English tests because I needed the translator to understand what I was studying so from time to time I also used it for my own entertainment.

I spent about 126 hours online on my cell phone, which gives an average of 42 hours per week and 6 hours per day.

On the computer for about 30 hours online, which is an average of 10 hours a week and 3 hours a day.

Time Spent Online in May



■ Mobile Phone ■ Leptop



Co-funded by  
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

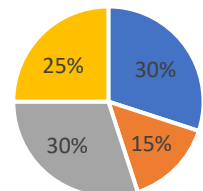




In the month of May 75% of my time was on my cell phone watching movies and entertainment videos and the other 25% on the computer studying and doing some work that was suggested to us

Summarizing my time on screens was about 30% on social networks, 30% watching movies, 15% talking and writing with friends, and the remaining 25% studying and doing schoolwork.

I spent my time...

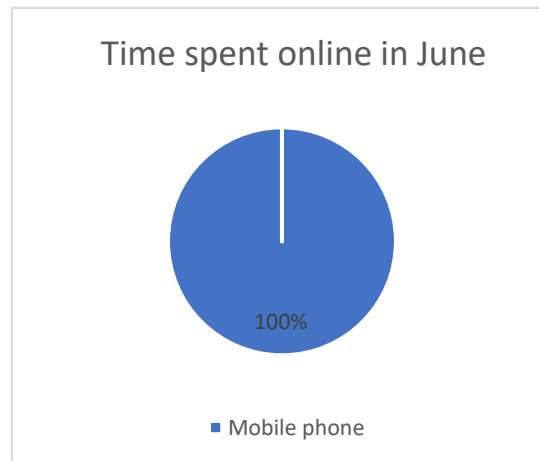


- on social media
- texting/talking to friends
- watching movies
- works for school

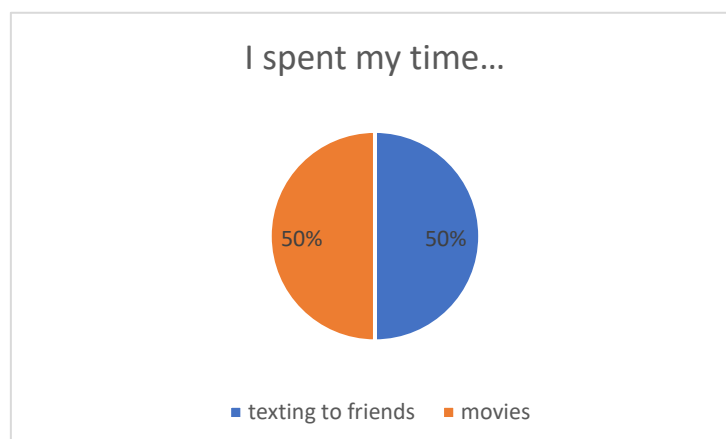


## June

In June, almost the end of the school year, I only used my cell phone and left the computer aside because without work and nothing to study I had no reason to use it, so I only used my cell phone for research, movies, and chatting with friends.



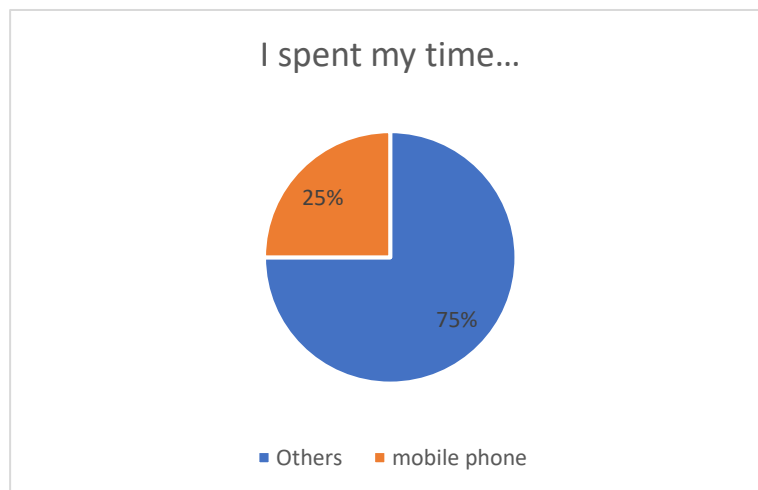
this month I only used my cell phone for movies and chatting with friends, it was 50%/50% in 126 hours on the phone.





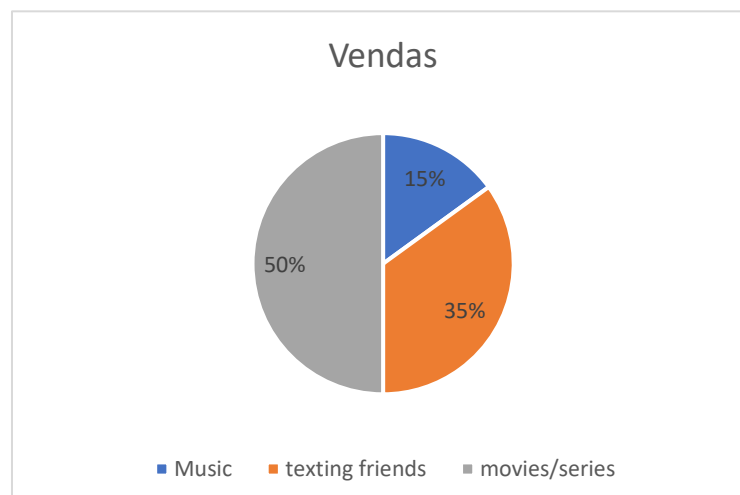
## July

in July my month was calmer, I didn't spend much time with screens, I took advantage of the good summer weather to go out with friends, and go to the beach for example, so my time on the cell phone decreased a lot, this month I only had 50 hours ahead of screen much of that time was talking to friends to schedule outings



## August

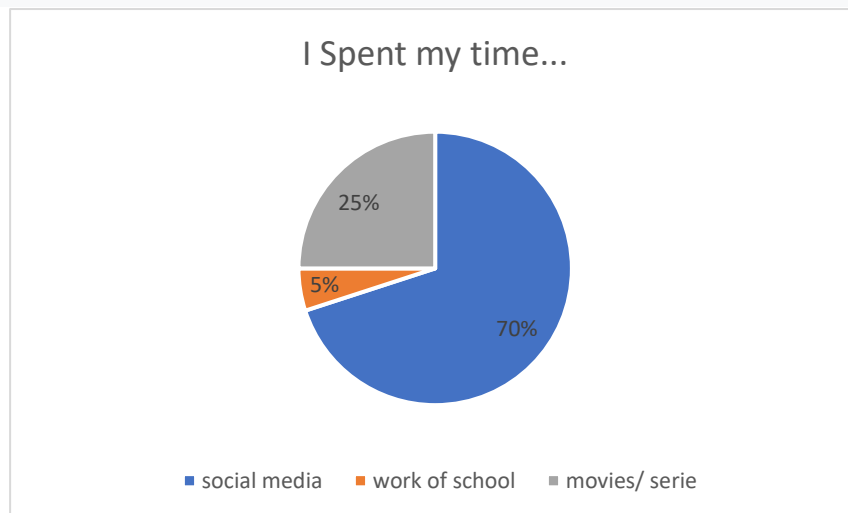
This month, the process of July is repeated with little time in front of the screens, but due to going on vacation I had more time in front of the screens to just chat with friends and spend my time watching movies/series and listening to music.





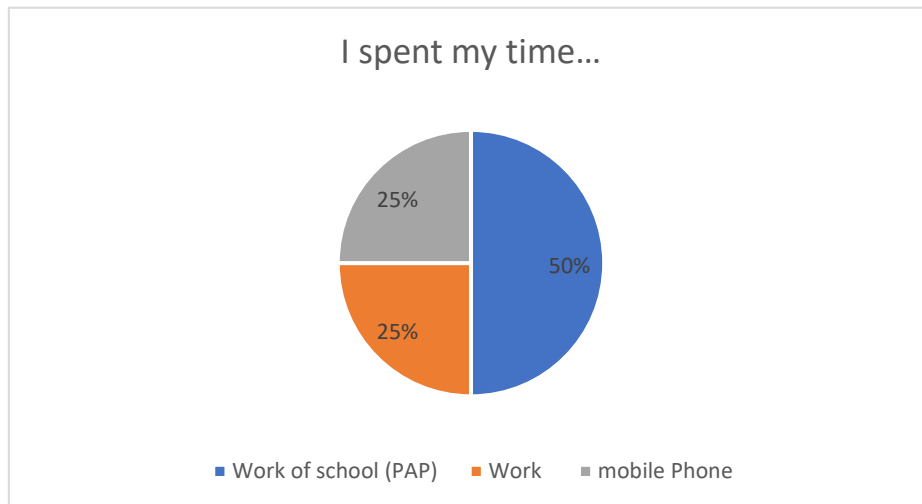
## September

in September it was a month where most of the time i spent in front of the computer as the vacation season ended, and a new school year began. hence my time in front of a mobile phone and a computer went back up to what it was before, the use of the mobile phone became 100 hours a month and the computer, as it still didn't have work because you had just started the new school year, became only 10 hours a month.



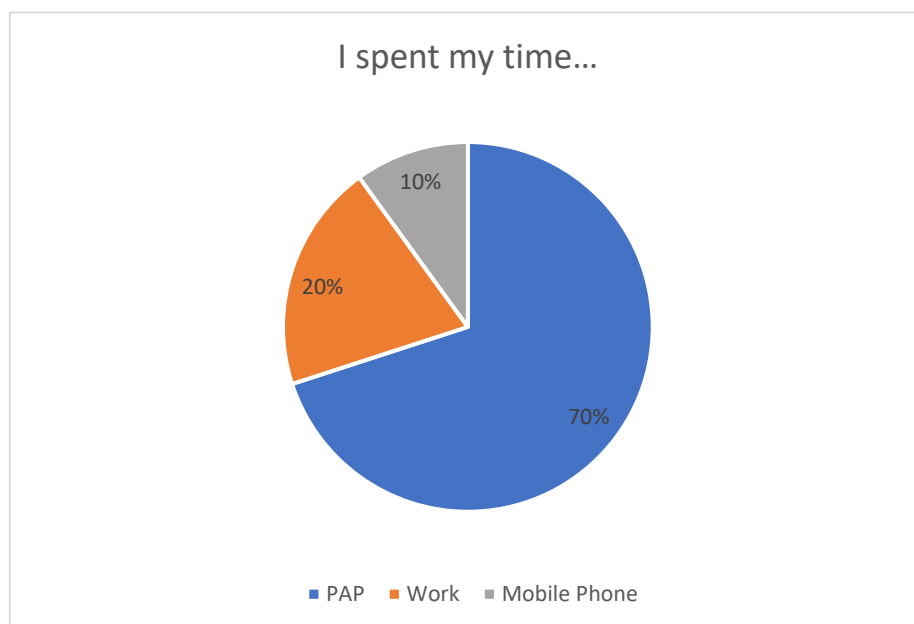
## October

October internship outside the country and beginning of the PAP (professional aptitude test), this month was the beginning of a new stage because we had to get the work schedule with the time, we would have to carry out our PAP.



## November

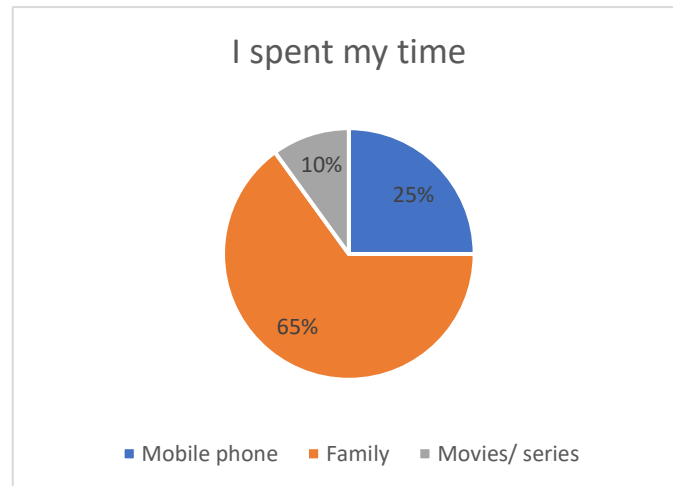
November was the most tiring month because time was running out and I still had the PAP to finish because at this point I still didn't know why to start, because I didn't know what to research so as soon as I left work I stayed all afternoon clinging to the computer trying to do the job.



## December



December, we got back from the internship and went on vacation, I finished the work and simply left the computer because I would have to spend some time without looking at it again, it was a month of rest, little use of screens, and more time with the family. December was a very quiet month in terms of being connected to technology.

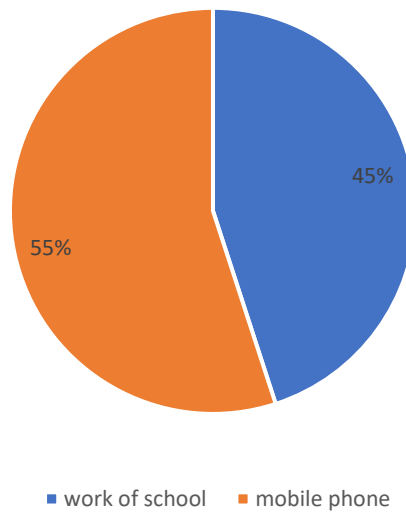


## January

January back to school, at the beginning of this year i decided to use only the computer for school as it was easier to transport and easier to work with so i used the computer a lot this month and the next ones until where we are now. and obviously, I used my cell phone a lot to communicate with the class to help with schoolwork.



i spent my time



this month I used the computer for 18 hours a week only during school time and another 2 hours at the weekend, which makes a total of 20 hours a week which results in 72 hours a month

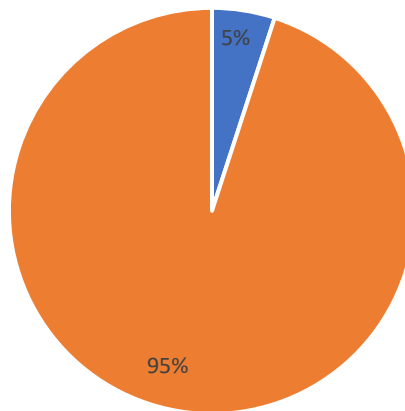
## February

February was literally the same as January but I had less time clinging to the screen because of the shorter month and the holidays it had.





I spent my time...

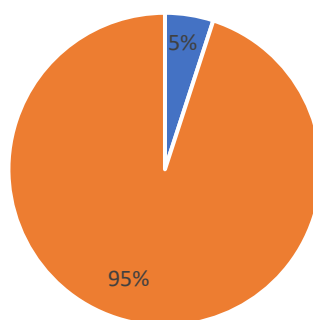


■ computer ■ mobile phone

## March

this month there is not much to say because the routine of the last 2 months is repeated.

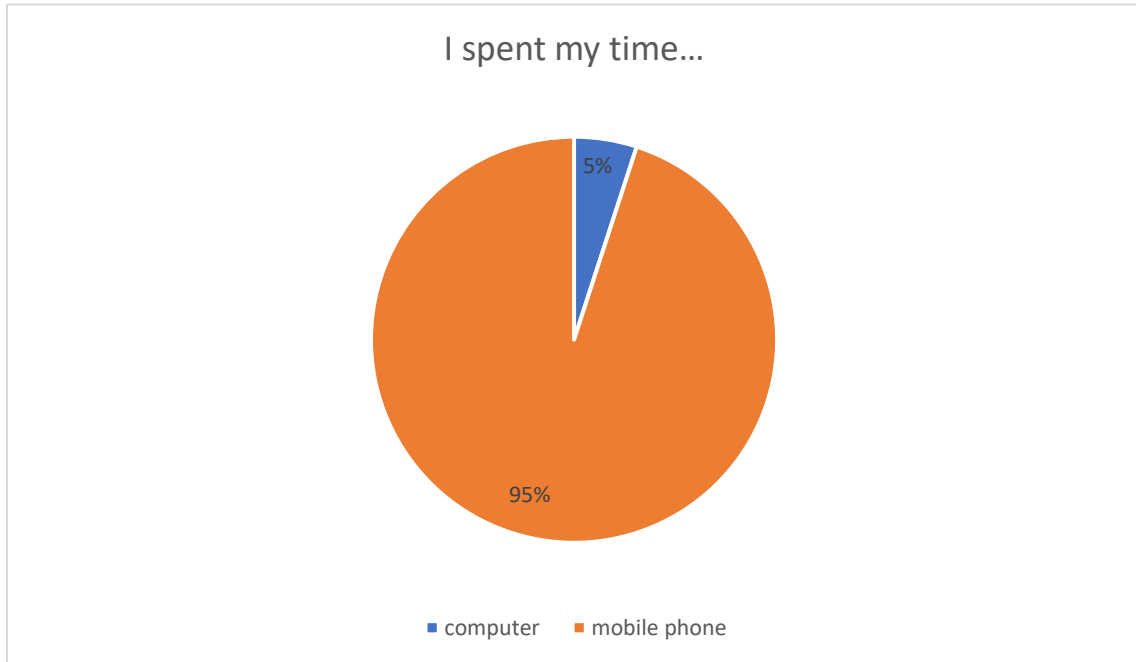
I spent my time...



■ computer ■ mobile phone

## April

April is equal to the respective months of March and February



May



We're still in the middle of the month of May but screen time doesn't vary much this month I've been at a 50/50 I spend so much time on the computer with work to do with my cell phone on social networks, talking and watching entertainment videos

