

Integrated Session 1: The Quantified Self

ESOC 495: Information Privacy with Applications

Due: Thursday, 09 September 2021

Total Homework/Assignment Points: 100

For this assignment, you will be monitoring some aspect of your behavior over at least an 8-hour period of time (approximately one day). You should focus on some aspect of your behavior that you want to know more about: for example, how much time you spend studying, checking your phone, etc. More information and ideas about how to gather information about yourself can be found at the Quantified Self Project (<https://quantifiedself.com/get-started/>).

Your task for this assignment is to measure this behavior, record your measurements in some visual form,, and analyze the results. We will be discussing and further developing these analyses during our first integrated session on Thursday, September 9, so you should pick a behavior you are comfortable discussing in a group. Please complete this worksheet in order to prepare for that class.

Goals

1. [15] What are your goals and motivation for your information-gathering exercise? Be as clear and explicit as possible regarding why you selected the behavior you decided to track.
2. [15] How does your choice of what to record reflect your values?

Methods

1. [20] What technology did you use to collect data on yourself? What are the security-focused notions of trust involved? What about the social notions of trust?
2. [10] Identify the following specific aspects of the behavior that you decided to track:
 - (a) Specific behaviors to be directly measured:
 - (b) How this behavior is to be measured:
 - (c) How frequently this behavior is to be measured (e.g., every 10 minutes, every 15 minutes, every hour):
 - (d) How long this behavior is to be measured for:

Results

1. [15] Represent your observations in the space below, using any combination of numbers, images, and words that you find helpful. The material equipment for recording your observations need not be elaborate. Sometimes a smartphone and electronic sensors are useful, but there are times when a pencil and paper will do. This reporting could be as simple as a table, or could be a graph, or a picture. You can be as creative here as you like, as long as the information is conveyed clearly.
2. [25] In 1-2 short paragraphs, provide a summary for a nontechnical audience of what you did, how you did it, and what you learned from your self-tracking.