

“Screen Use” Screening

On average, how many minutes/hours do you spend in the following pursuits? The purpose of this screening is to become aware of how time adds up in a week or in a year.

Kind of Screen Activity	Day	Week (day X 7)	Year (week X 52)
Facebook, Twitter			
Social Media			
Internet for fun			
Watching T.V.			
Watching movies			
Video Games			

NPR reported recently that 25 minutes/day on Facebook over a lifetime adds up to two years! If you are concerned about the results of this screening, help is available.

**Office of Student Counseling
Scheide Hall, 8:30-4:30, Monday – Friday
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