SOCIAL MEDIA ASSESSMENT FORM

Name____________________ Age________ Date_________

Which social media sites do you use most frequently? Which do you use the least? Please answer on a scale of 1 to 10 with 1 being “Not at All” and 10 being “Very Often”:

Facebook ______
Twitter ______
Instagram ______
Snapchat ______
Tumblr ______
Other: ____________ ______

What other forms of virtual communication do you use? Please answer on a scale of 1 to 10 with 1 being “Not at All” and 10 being “Very Often”:

Email ______
Texting ______
Video Calling (Oovoo, Skype, Face Time, etc.) ______

What times of the day or night, if ever, do you turn off access to social media sites?

If you are a gamer, what games do you play online? ____________________________________________

About how many hours daily? <1____ 1-3____ 4-6____ 7 or more____

What do you like the most about social media sites?

What, if anything, do you not like about social media sites? ____________________________________________

________________________________________________________

Are you satisfied with the amount of time you spend on social media sites? Yes_____ No_____

Or, would you like to spend more time? Yes_____ No_____ Or, would you like to spend less time? Yes___ No_____

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