Maya Kapur

Professor Riman

PSDS 3100 B

11 February 2019

<center>Experience Sampling</center>

This is an individual assignment where you will engage your group to brainstorm and assist each other throughout the process to enhance your outcomes and experience.

Experience Sampling Method Measuring your feelings at regular or planned intervals for a 5 day period to gain insight into patterns of behavior. For this assignment, **you are the subject and you will select at least 6 (preferably more) criteria like anxiety, focus or mood, habits or consider comfort, discomfort or even habits like smoking or drinking.**

Interval contingent sampling – records data according to the passing of a certain period of time. Typically, participants are asked to self-report on the behavior of interest at predetermined intervals which are determined on the basis of logical units of time. it also is important that it is not taxing on the participants. A day is the most commonly used sampling unit. Try for example 4 times a day at the same times.

Event contingent – participant records any occurrence of certain predetermined events. Feelings upon awakening, before/after class, before after social events.

Use scales to make the data quantitative. Provide a summary narrative of what you chose to sample and how you collected the information and what you've learned. Include a brief account of your team interactions and how they helped you to achieve your goals

1. Measure using a scale of your design that as outlined in the lecture can be time, impulse or event contingent.
2. Create a visualization of your sampled data that best expresses your experiences and print it out to 11 X 17 and bring it into class!

Google forms may be the simplest way to keep track of your measurements however feel free to devise your own method.

Deliverable Checklist

Name the file PSDS3100B_ESM_lastnameFirstInitial_S19

Print out your visual at least 11 X 17 and bring it to class to post and share alongside your peers.
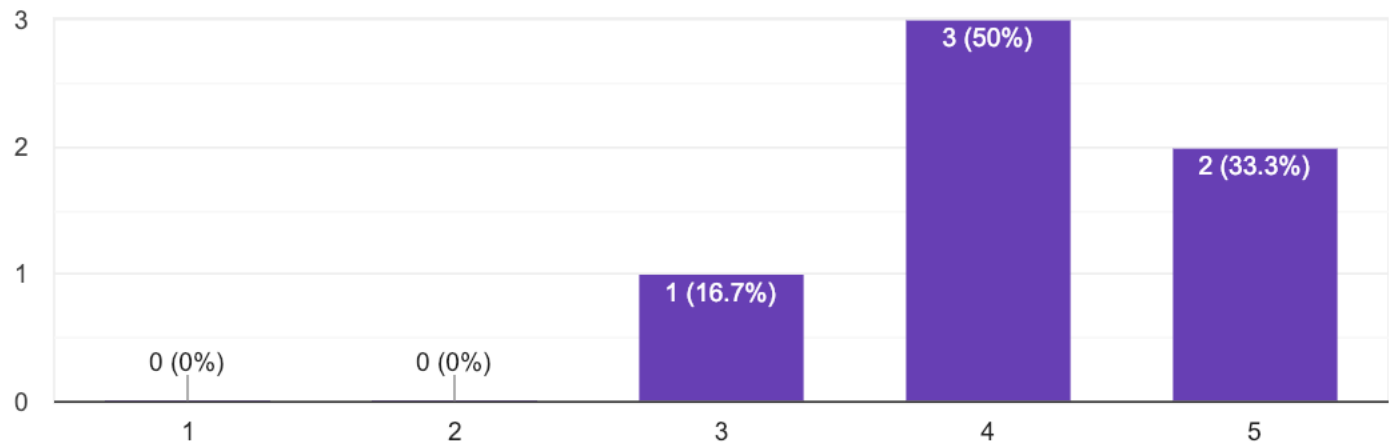
Summary:

I chose to sample the following: color feeling, thoughts, concentration, stress, alertness, irritability, energy, engaged, and amount on my mind. I did this by collecting the information via a Google survey that only I would take at different days, times, and locations. In addition, I created a clear chart to compare the multiple pieces of data. I also used basic charts to see how each variable changed from day to day. I learned that at the locations where I was doing a lot of work, I had less energy than when I was doing something fun. In my visualization, the different colors represent the colors I was feeling each day. I also included the time at which I was at each location or doing each activity. The scale on the left hand side is from low energy (1) to high energy (5).

Key	Day/Date	Time	Location	What color do you feel like?	What were you thinking about?
	Tuesday, 2/5/19	5:30 PM	Work	Dark Blue	I want to go home, and I still have homework.
	Wednesday, 2/6/19	8:30 PM	In a meeting (extracurricular activity)	Grey	Debate topic, tiredness.
1 = very little, or negative feeling	Thursday, 2/7/19	11:00 AM	In class	Orange	Homework.
5 = a lot, or positive feeling	Friday, 2/8/19	1:00 PM	Out with friends	Yellow	Topics we were talking about.
	Saturday, 2/9/19	9:30 AM	At home, relaxing	Pink	Homework.
	Sunday, 2/10/19	11:30 AM	At home, doing homework	Green	Homework.

How well were you concentrating?	How stressed were you?	How alert were you?	How irritable were you?	How energetic were you?	How engaged were you?	How much did you have on your mind?
5	4	5	2	1	5	3
3	1	2	3	1	4	1
4	1	5	3	4	2	2
4	1	5	1	5	4	5
5	1	5	1	4	5	1
4	1	5	1	5	5	1
5	4	5	3	3	5	1

How well were you concentrating?

6 responses

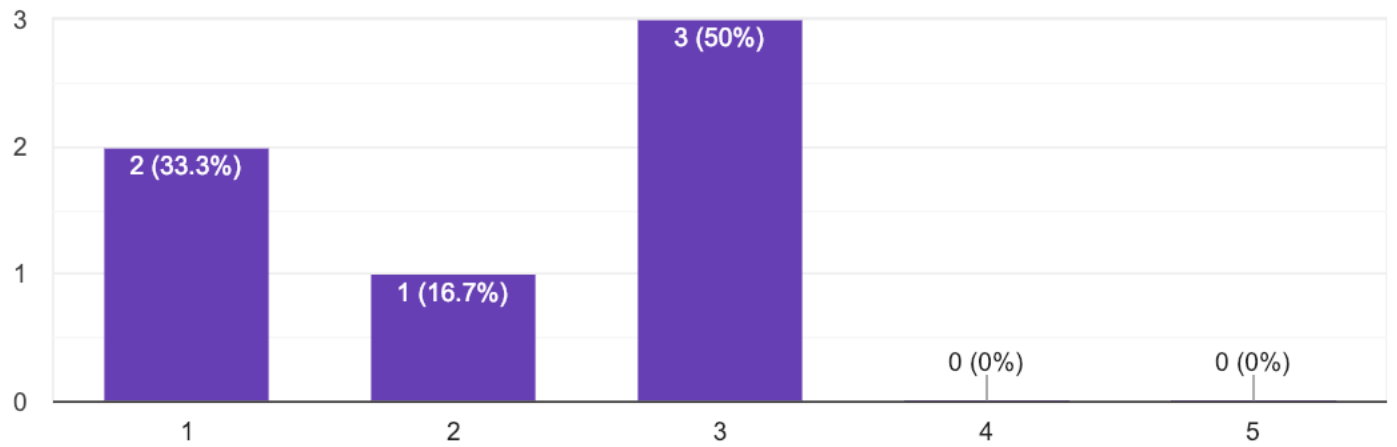# How stressed were you?

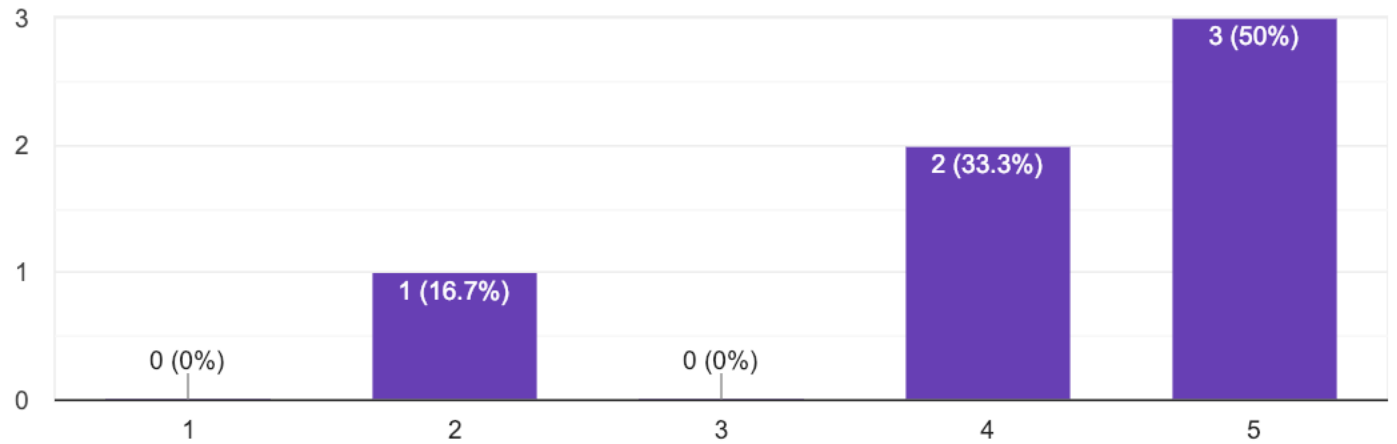6 responses
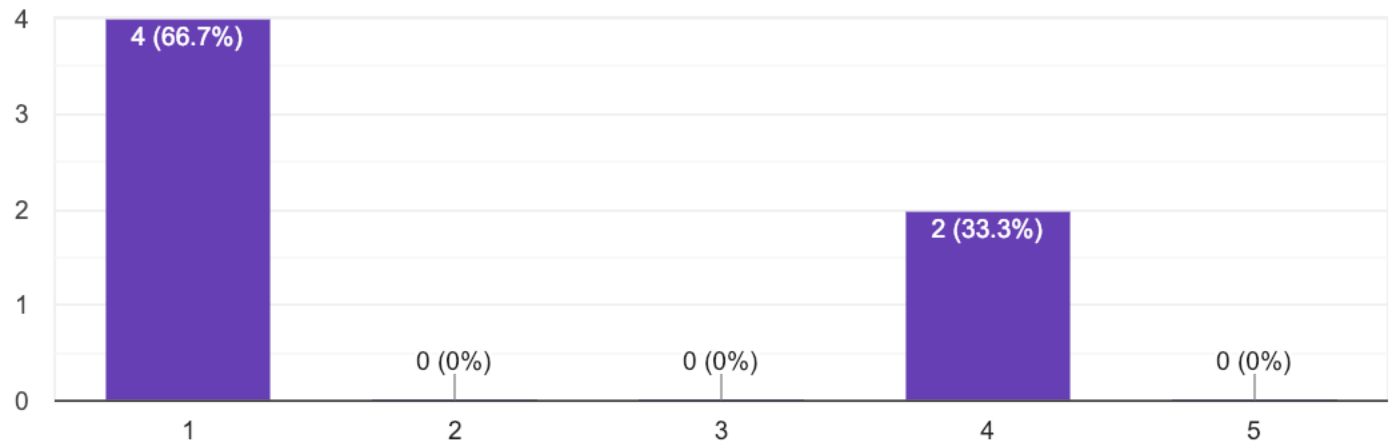
How alert were you?

6 responses
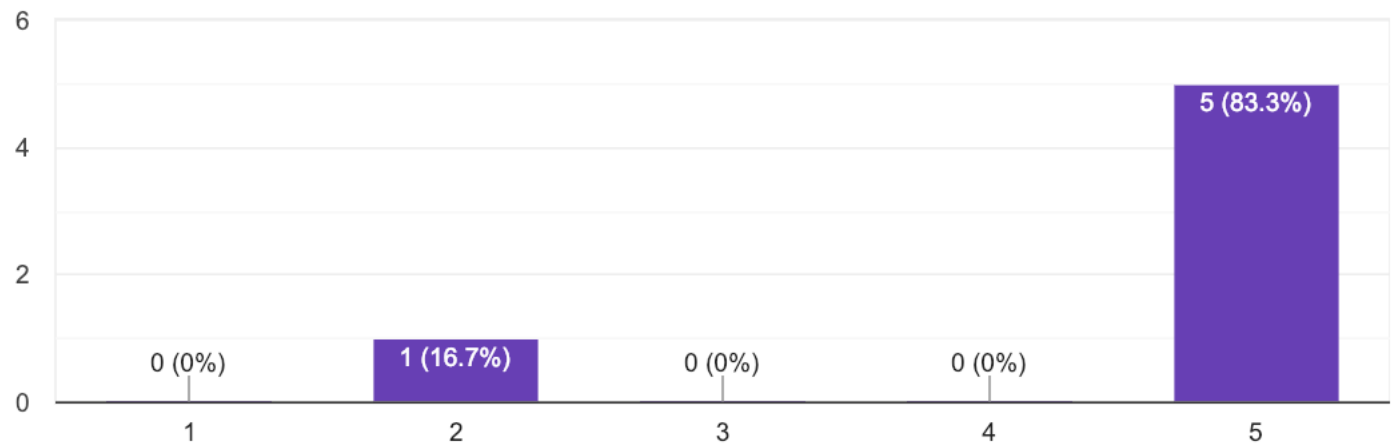
How irritable were you?

6 responses

How engaged were you?

6 responses

How much did you have on your mind?

6 responses

How energetic were you?

Scale, Low to High

Time of day
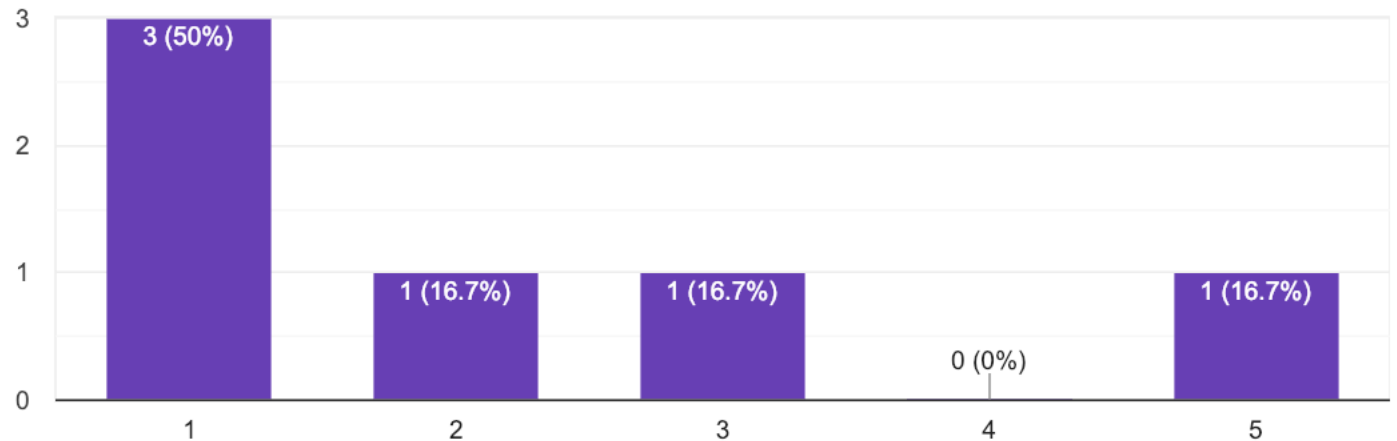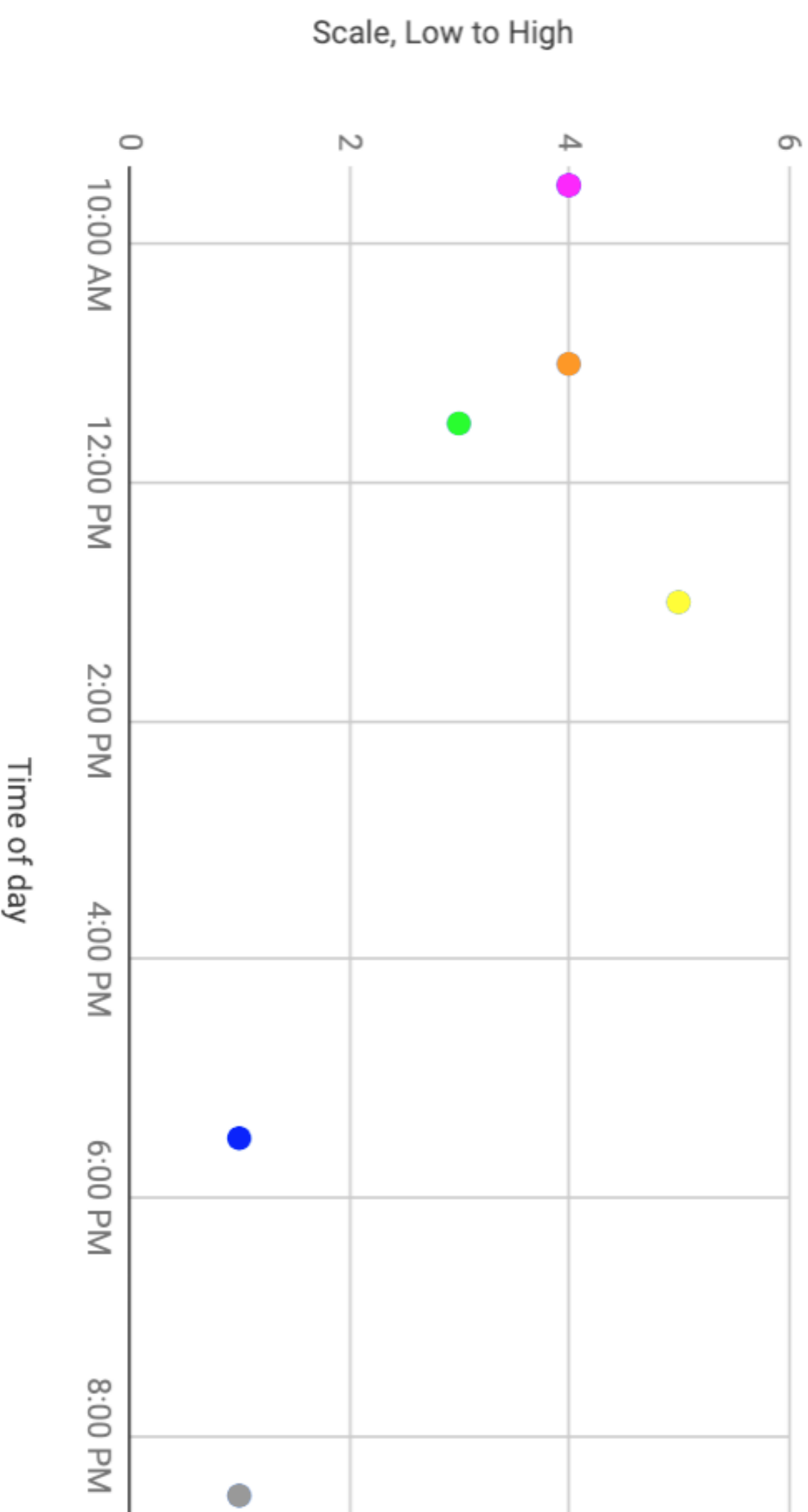
Legend

- At home, relaxing
- In class
- At home, doing homework
- Out with friends
- Work
- In a meeting (extracurricular activity)

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