

CMT ASSIGNMENT

FOMO: Fear of Missing Out



Objective:	To learn about and reflect on the FOMO phenomenon (Fear of Missing Out)
Due Date:	2015-04-08
Procedure:	<p>Listen to the CBC radio report on FOMO</p> <ul style="list-style-type: none">• Read the articles on FOMO <p>Feel Like a Wallflower? Maybe It's Your Facebook Wall FOMO Addiction: The Fear of Missing Out (Psychcentral.com) FoMo: Do you have a Fear of Missing Out? (Telegraph UK)</p> <ul style="list-style-type: none">• Complete the online quiz• Answer the questions below and add any relevant information you learned from the articles in a 1 page double-spaced article on FOMO• On your second page, include the timetable of your phone/social media use.
Filename:	CMT FOMO – <i>last name, first name</i>
Assessment:	15 marks total

CBC radio broadcast

What is FOMO?

David Maxfield is the first guest. What incident motivated him to author a study on FOMO?

Can you relate to his experience?

Describe the case of the mother disciplining her child. What are your thoughts on this?

What is a “social media trophy hunter”?

What advice does David have for people while using their phone camera?

Christina Crook

Author of The Joy of Missing Out

Discuss the her experience disconnecting for a month. What did she find difficult? What advantages did she find? Would you be able to do this experiment?

You

Describe a typical day in your life with your phone and social media. This doesn't have to be accurate, but give an idea of your use of your phone and your interaction with social media.

Use a timetable format.

07:00:00	
08:00:00	
09:00:00	
Etc.	