

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 _____