

M1: Identifying changes you want

Overview

Share with us situations in your life and community that you are frustrated with and would like to see change. We want to hear about what these things are and how they make you feel. This is mission 1 of 2; complete both to earn \$25!

Instructions

WHAT

Show us when you see, experience or confront a situation in your life that frustrates you or that you think can be improved. Maybe you want your local grocery store to stop using plastic bags or you are sick of seeing trash by your bus stop or you read a news story that makes you frustrated. Whatever it is, we want to hear about what it is and how it impacts your life.

Note, that we are NOT looking for situations that are interpersonal problems, for example roommate difficulties (such as being irritated at a roommate for not doing their dishes in a timely manner).

HOW

Use dscout as a video diary. Submit a video every time you come across a situation that you feel could be improved.

WHEN

This is mission 1 of 2; complete both to earn \$25! Submit at least 3 snippets in the next 5 days. Feel free to submit more than 3!

Questions

1. Open Ended 140

Give this moment a short name.

2. Open Ended UNLIMITED

Briefly describe the situation and why it frustrates you.

3. Open Ended UNLIMITED

Where are you typically and what are you doing when you come across this situation?

4. Multiple Choice SINGLE SELECT

How frequently do you come across this situation?

- This is a one time event
- Once a month or less
- Several times a month
- Once a week
- Several times a week
- Once a day
- Several times a day
- This is an ongoing situation, not an event that occurs at a certain frequency

5. Media VIDEO 30

Share a video that really helps somebody who doesn't know you understand what this moment is all about. Be sure to explain how the situation makes you feel and why it is important to you.

6. Multiple Choice SINGLE SELECT

Do you plan to take any action to improve this situation?

- No
- Yes (Tap to type what you plan to do) ×

7. Open Ended UNLIMITED

Why not?