

Technology and Digital Well-Being Rubric

6 points total. Submissions should be at least 300 words total.

	Full Credit	Partial Credit	No Credit
Reported smartphone usage statistics	Reported average time spent and at least one other metric. For example, number of pick ups or notifications. (+2 points)	Reported only one usage metric. (+1 point)	Not completed. (+0 points)
Response to the prompt: “Are there any apps you have an unhealthy relationship with? What dark patterns do those apps employ?”	Described an app and named at least one dark pattern from the ontology. Alternatively, explained why their app usage is healthy. (+2 points)	Insufficiently detailed response, or not well-thought-out. (+1 point)	Not completed. (+0 points)
Response to the prompt: “Will you try any of these strategies? If so, which strategies? If not, why not?”	Described actionable strategies to control technology usage. Alternatively, justified not adopting a strategy. (+2 points)	Insufficiently detailed response, or not well-thought-out. (+1 point)	Not completed. (+0 points)

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