Social Notworking Quiz

1. Do you sometimes use social media as a way to escape work stress or duties?

    a. I do this several times a day.
    b. I do this a few times a week.
    c. This is not something I do.

2. When you use social media for work such as visiting LinkedIn do you have a goal or are you just logging on to see updates and feedback?

    a. I don't have any business goals associated with social media.
    b. I go on with the intent to use it for business purposes but with no specific goals.
    c. I have very specific goals and key activities outlined for social media use.

3. Do you spend time using social media or your digital device (ie texting) to the extent that it could or has jeopardized projects or timelines?

    a. I have missed deadlines, meetings and delayed important goals due to my social media or digital device use.
    b. My social media use has definitely impacted my productivity and taken away time I could have devoted to getting better results at work.
    c. This does not describe my social media use.

4. What is your business to personal use ratio of social media during work hours?

    a. When I use social media or my digital device it's for almost 100% personal reasons.
    b. I would say that 50% of the time I'm using social media and/or a digital device for personal reasons.
    c. I would say that 30% of the time (or less) I'm using social media and /or a digital device for personal reasons.

5. While working on work-tasks at work how often do you check your phone or social networks?

    a. Several times an hour.
    b. Once possibly twice an hour.
    c. I rarely check while working on other tasks.

Your score:

(__ a answers x 3 = ____) + (__ b answers x 2 = ____) + (__ c answers x 1 = __) = _____

See final page for feedback

Social and Digital Health Assessment

1. How often do you post "selfies?"

    a. I post at least two selfies per day.
    b. I may post one or two per week.
    c. I seldom post or never post selfies.

2. How often do you check or access your smartphone (this includes checking for texts, status updates and other social alters)?

    a. Many times each hour.
    b. Once or twice an hour.
    c. Infrequently throughout the day.

3. In social settings which describes your smartphone use?

    a. During meals, time with family or at business functions I check my phone in front of people and even during conversations. In many cases or during a meal my phone with be placed on the table.
    b. I tend to put my phone away or on vibrate but when an alert comes in I will check it under the table or excuse myself to see what the message or alert is in regards to within a few minutes.
    c. My social time with other people is a time when I do my best to not use my phone or other digital devices.

4. How does seeing other people's posts on social networks affect you?

    a. I tend to judge myself and my social standing by comparing myself to others. This is often based upon what I see them post on other sites, this could include job promotions on LinkedIn, holiday pictures on Facebook, Instagram etc.
    b. Other people's posts don't impact me too much. I do find myself feeling a bit envious at times but it's minor.
    c. I really don't put much weight on what people post and it doesn't impact me positively or negatively.

5. What has the feedback been from personal friends or family been around your digital use?

    a. I find family and friends are often complaining or expressing concern about my digital habits and overuse. They say I tune them out or completely miss what's happening.
    b. I have had feedback albeit infrequent about my social media or digital device use. Some people have expressed concern.
    c. I haven't had any feedback on this.

6. Once you post content to a social network which would most describe your behavior?

    a. I have a sense of excitement and/or anxiety waiting for feedback. I check back many times per day to see the response.
    b. I have the urge to check for responses and feedback but I manage my behavior and only check once or twice per day.
    c. I'm indifferent about how people tend to respond. I do check once or twice a day to see if anyone requires a response.

7. How much does social media feedback impact your mood our outlook?

    a. When someone gives me positive feedback, or likes my content or post, it feels great and impacts my mood. When it's negative or I get no feedback I can get stressed or feel rejected or misunderstood.
    b. It feels good when people like my content and I definitely don't like the negative feedback. Either way it minimally impacts my day and my self-worth.
    c. People's feedback on social media around my content or about me personally doesn't really impact my mood.

(__ a answers x 3 = ____) + (__ b answers x 2 = ____) + (__ c answers x 1 = __) = _____

Score Interpretations

Social Notworking Quiz Scores:

5-7:   Social media is having a neutral or positive impact on your work.

8-11:   You could apply more discipline to your social media use. Its impact may be somewhat counterproductive.

12-15:   Your social media use at work is definitely having a negative impact on your productivity, work relationships and possibly your career. It's time to implement some changes.

Social and Digital Health Assessment Scores:

7-10:   You have a healthy pattern of use when it comes to social media and digital devices.

11-15:   Some of your social media and digital device use may be deemed as unhealthy or out of balance. It's probably not having too much of a negative impact on your health or relationships BUT left un-checked it could turn into a negative habit. Start limiting your social media and digital device use.

16-21:   There are many reasons and events that may lead to social media and digital device over use or addiction. You may want to seek the support of a counselor or mentor to get this under control. Many people at this stage also find a complete digital detox (going without social media or digital devices) for a period of time as a way to break these negative habits or reduce anxiety.