

2B2 Written Mediation V1

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Imagine you're a famous art blogger and your readers have asked for advice on overcoming creative burnout. Write a short blog post explaining the symptoms and offering practical tips and strategies for tackling this type of burnout. (150 words)



Long-term procrastination



Struggle with basic work



Constant exhaustion



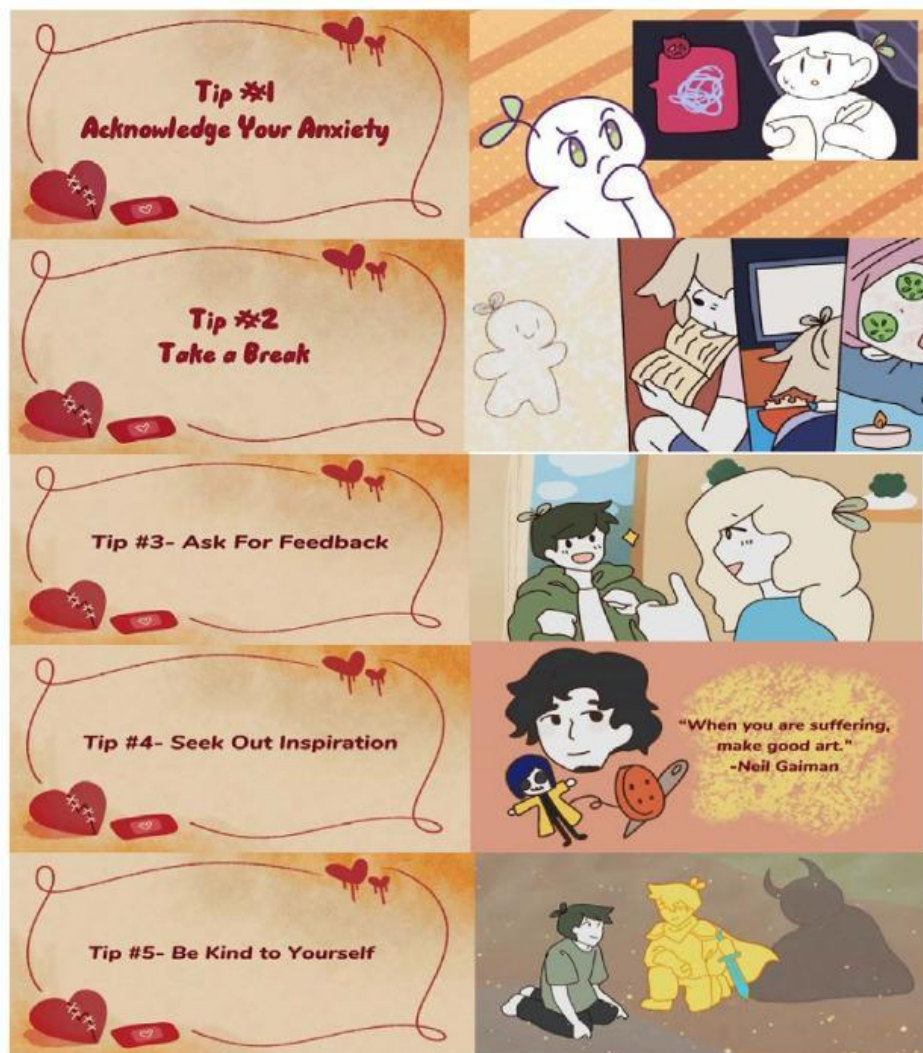
Harmful habits



Unusual irritability



Self doubt



(Sources: <https://nesslabs.com/wp-content/uploads/2023/06/creative-burnout-updated-banner.png>;
https://gigazine.net/gsc_news/en/20230609-creative-burnout/)

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Task: You're a **well-known blogger** who is **passionate about safety**. You have a blog called ***Fighting Crime in Real Time*** and your **readers have asked for advice on car break-ins**. Write a short **blog post explaining tips to prevent vehicle burglary** and actions to take if your car has been broken into. (150 words)



(Sources: <https://twitter.com/raleighpolice/status/1677021269282152451>;
<https://www.thebalancemoney.com/what-happens-if-someone-breaks-into-your-car-527199>)

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Task: You're a **well-known blogger** who is **passionate about digital content**. You have a blog called *Living in the Digital Era* and your **readers have asked for advice on how to protect and reduce their digital footprint**. Write a short **blog post** explaining what a digital shadow is and what can be done to protect our digital footprint. (150 words)

The Digital Footprint: What is it?

The Digital Footprint is a trail we leave behind every time we access the Internet

- Everyday, millions of people around the world exchange texts, post blogs, search Google, play on Facebook, shop online and do countless other activities with devices that use the Internet.
- Just because we don't see the trail we leave behind does not mean it doesn't exist.



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THINGS TO KNOW ABOUT DIGITAL FOOTPRINTS

1 When you search and interact online, a trail of info is left behind.	2 Elements of your digital footprints can be searched or shared .
3 Digital footprints can be helpful or harmful to your reputation both now and in the future.	4 Once online, things can exist forever (even if deleted).
5 Always think before you post online.	6 Personal information or opinions sent to one person can be shared with a larger audience.
7 Googling yourself can be a worthwhile exercise.	8 Old or inactive accounts should be disabled or deleted .
9 Keep personal details private and control the privacy settings on your accounts.	10 Be mindful of the digital footprints of others (e.g. Ask before tagging photos).

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“ Everything you do now ends up in your permanent record. The best plan is to overload Google with a long tail of good stuff and to always act as if you're on Candid Camera, because you are. **”**

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(Sources: <https://es.slideshare.net/CreepSquash/digital-footprints-criminal-investigations>;
<https://www.kathleenamorris.com/2018/06/12/digital-footprints/>)

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Task: You're a **well-known blogger** who is **passionate about digital content**. You have a blog called *Living in the Digital Era* and a local school has asked you to write a **blog entry** for teenagers on the topic *Digital citizenship*. Write a short **blog post** explaining what it means to be a responsible digital citizen and what teenagers should take into account before posting on social networks. (150 words)

All Good Digital Citizens:



Before you



THINK

T = Is it TRUE?

H = Is it HELPFUL?

I = Is it INSPIRING?

N = Is it NECESSARY?

K = Is it KIND?

Be a responsible digital citizen!

(Sources: <https://www.virtuallibrary.info/digital-citizenship.html>;
<https://www.actionhall.ca/2020/12/digital-citizenship-t-h-i-n-k-before.html>)

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