

Gregory D. Long

Professor Minamide

English 100

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Information Diet

The data from the information diet log that was analyzed and collected by me was very shocking. The log was started on January 22, 2012 waa completed on January 28, 2012. It covered 168 hours over seven days. I recorded almost every sporting event and local news event that was consumed by me over that period of time. I watched thirteen hours and thirty minutes of sports on top of reading 30 minutes of *Sports Illustrated*, which I classified as “junk” information. I spent four hours and five minutes reading and studying material from Computer Science, African American history, Beginning Algebra, and English. The information from this material was classified as “healthy.” I wasted three hours and thirty minutes on Facebook, reading and making posts. This I also considered “junk” information. I also enjoyed six hours of watching movies. I only had six hour and 25 minutes of healthy information in my diet out of twenty-nine hours and thirty- five minutes.

The numbers don’t lie. The data slapped me in the face, so now I know that I’m not “consuming” enough healthy material.

When I first began this assignment, I justified myself for not reading because I felt I was above the concept of reading, that reading was for nerds or for people without a life. The funny, sad, and crazy part is that I was the person without a life. The fact of just watching sports is limiting the evolution of my brain. I’m wasting a lot of my time reading and watching stuff that will not help me in school. In fact, as I analyzed my data, it occurred to me that I have not

evolved from high school. The same pattern of wasteful information consumption is still taking place.

The only way to break this worthless cycle is to consume information that is healthy and surround myself with opportunities to read instead of watching television. I have to use one of the Marine Corps leadership principles: “Know yourself and seek self-improvement.” I have used this principle for twenty years in the Marine Corps and it has never failed me as a Marine, so I will use this to become a better student.

The cycle will be broken and I will evolve.