

### Week-long Options

Go dark on social media for the entire week - send out a message on the first day explaining to your friends/family why you are MIA and then share your experience with them on the last day

Write down the numbers of the family and friends you contact via smartphone regularly. Every time you contract them for the whole week you have to look it up, dial their number and call them - no cheating by using your phone contacts, sending them a text, or leaving them a voicemail

Refrain from "Googling" anything (ex. facts, news, weather, trivia, song lyrics, bios, etc.), getting all of your information from non-internet sources

Immerse yourself in 80s pop culture - music, tv shows, commercials, movies, books, video games, music videos, sports, etc.

Research examples of 1980s fashions and fads and incorporate them into your personal style and behavior (ex. hairstyle, clothing, slang, dance moves, etc.)

Go off the grid completely - no phone, tv, radio, streaming, computer, or internet

### Daily Options

Call a friend and talk on the phone in your bedroom for at least 30 minutes, without leaving the room or doing anything else on your phone or computer during the conversation

Handwrite and mail a letter to a family member or friend

Go with friend(s) to a public library that has a DVD collection, pick out a movie together that you haven't heard of before without looking it up online

Complete a written assignment for a class by typing in word processor with all automatic proofing help options turned off

With friends or family, find a road map and plan an outing to a new place - if you get lost, you can't cheat by using GPS or internet

Only watch the original network tv channels (PBS, NBC, CBS, ABC) without using DVR or streaming services, so that you have to choose just from what is being broadcast at the time without fast forwarding through commercials

Go get coffee or a meal with friends and ban all electronic devices during the entire outing

Take only 12 pictures max of a social event without deleting, re-taking, cropping, using rear-facing camera, applying filters, posting to social media, etc. and then get them printed at the drug store

Help your parents prepare a dinner with their favorite nostalgic foods from the 1980s

Ask family members to show you old yearbooks or photo albums from the 80s

### 80s Week!!!!!!

#### Minor Grade:

engagement with classroom activities, following directions about phones, contribution to group/class discussions

#### Intermediate Grade:

Journal writing provides strong evidence of participation and critical thinking about sociological concepts

### Journal Directions

1. Keep a journal that includes ~~at least~~ 5 entries (20% each)
2. Use notebook paper and write by hand
3. Start each day on a new page and clearly label with date
4. Write at least 3 paragraphs per entry to reflect on:
  - a. The classroom experience for that day
  - b. The activity you chose for that day/week
  - c. How these experiences and activities. . .

\*\*\*Reflect changes in culture and social institutions over time

\*\*\*Affect your social interactions with classmates, friends, and family

\*\*\*Are impacted by variables like gender, race, social class, etc.

\*\*\*Could be turned into a legitimate social scientific experiment

\*\*\*Demonstrate the various agents and stages of socialization