Ideographic Analyses - Major Project 2
due OCT 27, at start of class

The goal of this project is to examine the associations among psychological variables in your own life.

To do so you will need to do the following

1. Choose at least three variables to track over a period of 15 days. It is best if you select variables that are intrinsically interesting to you.

2. Use the yourPersonality system, designed for this class, to build a "module" for tracking each of the variables of interest.

http://www.yourpersonality.net/qs350/

3. Use the yourPersonality system once a day for a minimum of 15 observations/days to track yourself with respect to the four variables of interest.

> It is *not* imperative that you do this for 15 *consecutive* days. That is simply the easiest and fastest way to do it. But you should collect a *minimum* of 15 daily observations.

4. Once you have completed 15 days' worth of observations, you will be responsible for analyzing your data (using methods yet to be discussed) to answer questions about the relationships among the variables.

I'll give you more information about the project as time goes on (e.g., information about the paper itself, how to analyze the data). But, for now, we need to make sure you get started with data collection and that you're on the right track.

Using the yourPersonality web system

Create an Account

You should already have an active account for this class that you created in lab during the first week of classes. Your user ID and your password will be used extensively in this project.

To login to the yourPersonality system, go to **http://www.yourpersonality.net/qs350/** and enter your username and password.

To Create Modules (i.e., methods for tracking yourself)

1. Login and go to the menu.

2. At the Menu, choose the option labeled "build or edit"

3. You will see a list of modules that you've already made (assuming this is not your first time here). You will also see a list of modules that other students have created that they have made publically available to others.

You will also see a button labeled "**Build**." Select that option.

4. Follow all the directions and read those directions and tips carefully. At the end of this process you will need to choose a name for your module. **Please avoid using punctuation, spaces, and funny characters**. Otherwise the module may not save or organize your data properly. Letters and numbers are your best bet.

5. Important note: Modules can be "public" or "private." A public module is one that *anyone* can use. For example, if you make a nice module for tracking mood, you can choose to share that with others by making the module public. (We will be using this option deliberately in this class at a later point in time.) A private module is one that only you can see or use. For the purpose of this project, please keep your modules *private*. This is default option.

6. You will be asked if you want to add the module to your "active module list." You can choose to do so, but it isn't important that you do so now. What this means is that the module will appear in your primary list—the one you see by default when you use the system. You can add modules to your Active Module list via the "View the Module Gallery" in the main menu. You can remove them from your Active Module List by choosing the "remove module" option.

To Edit Modules You've Already Created

1. Login
2. At the Menu, choose the option labeled "build or edit"
3. Find the module you wish to edit and press the "Edit" button.
4. Edit your module as needed.

The Active Module List

An important thing to understand about the yourPersonality system is that you can choose to add or remove modules from your Active Module List. This list is simply a list of modules that you're currently interested in using to track various aspects of your life. If you explore the system a bit, you'll probably build some modules that you don't really care about, and, ultimately, you don't want those modules crowding up your screen. Thus, you can "add" and "remove" modules from the list of active modules.

      To add modules to your Active Module List

      1. To add a module to your Active Module List, first login.

2. From the menu, choose "view all available modules."
3. This will take you to the Module Gallery. This gallery will display all the modules that are available to you to use. This will include modules you have written (assuming you have done so already) as well as modules that other people have written that they have made Public.
4. To add a module to your Active Module List, simply press the "Add" button.

To remove a module from your Active Module List

1. Login to the system or go to the Menu.
2. Press the button for "view my active modules."
3. For the module in question, simply press the "Remove" button.

Please note that removing a module is not the same as deleting a module. Removing a module from your list simply removes it from view. If you decide to add it again later, you can still do so via the process described previously. Once created, modules cannot be deleted per se.

Recording Data: Taking or Completing Modules

To record data, you have one of two options:

1. You can take a module at random via the "random button" module in the menu. This can be useful if you want to sample your behavior at random points in the day and want to be "blind" to what module is to be selected. This option will not be particularly useful to you for most purposes, however; it is designed for nuanced research questions.

2. You can deliberately choose to complete one or more modules by pressing the "View my active modules" button in the main menu. Doing this will take you to your Active Modules List. From there you can press the "take" button to complete a module.

Recap: Getting Started

I will distribute more information about how to write your paper for Major Project 2 later in the semester. However, your goal should be *to get started with data collection for this project as soon as possible*. To be clear, you'll need to do the following:

1. Decide which three variables you want to track in your day-to-day life and create modules that will allow you to do so. Once you're happy with the way your three modules work, add them to your Active Module List. You will be able to work on this in lab on Friday Sept 18th.

2. Once you have your TA's approval to get started (your TA has looked at your modules and believes everything is in working order), begin measuring yourself with respect to your three variables once a day for 15 days. To do so, simply log into your account and

complete your three modules once a day. The web system automatically records the date and time of each submission; you don't need to devise a way to keep track of that information.

In-Lab Assignment
Fri Sept 18

The goal of this assignment is to create four modules so that you can get a feel for how module creation works in the yourPersonality system. You can create these modules as a group, but I encourage each person to take the lead at the computer for at least one module so each person can get hands on experience with the system.

It will be easiest if one person logs into his or her account and the group uses that single account for the rest of the assignment.

Module 1

Create a module that uses BINARY input.
The module should have one item/question.
The response options should be "No" and "Yes"
The item should be "Do you have a smartphone?"
Please improvise with some instructions. Do NOT make the module public.
The title of the module should be "Smartphone user"

Module 2

Create a module that uses NUMBERS as the input option.
The module should have two items/questions: "How old are you?" and "How old do you feel right now?"
The title of the module should be "Age perceptions"
Please improvise with some instructions. Do NOT make the module public.

Model 3

Create a module that uses the RATING SCALE option.
The module should have 4 items/questions.
There should be 4 response options for each item: "Strongly Disagree", "Disagree", "Agree", and "Strongly Agree"
The four items/questions should be:
I feel excited.
I feel a sleepy.
I feel hungry.
I feel sad.
The module should be called "mood test"

Module 4

Create a module that uses the TEXT response option.

The module should have 2 items/questions.

The first item/question should be "Please summarize briefly the best parts of your day thus far."

The second item/question should be "Please summarize briefly the worst parts of your day thus far."

Improvise some instructions, make the module "private", and name it "Day so far"

Testing

Test each module after you create them. To enter data for a module, you need to first add the module to your Active Module List. Try each one and make sure it works the way you expected.

Editing

Select one module and attempt to edit it. One possibility is to edit one of the modules by adding new items/questions. Check to see if the edits "worked" in the way you expected them to.

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Once you're comfortable with these exercises, please create the three modules you plan to use in your Major Project 2. Please have the TA review it before you leave.