

Robel Degefa
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As someone that grew up in the digital age, I have seen the beginning of how social media can play a part in advancing cyber criminals' methods of attack. Luckily, I have never been met with a cybercriminal trying to take my information, but I know people who have and it's not good and it also makes you feel like a fool. On the "Social Media Disorder Scale" I scored a 1/9 and I would say it's because I have always been aware the negative effects of excessive social media use, it puts you in this mindspace where a spotlight is on you constantly and you create FOMO the more you actively use social media due to the communication aspect.