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ENGL 1302

Current Date

## Project 1: Consumer Minimalism and Screen Time

### **A. 1st Issue: Consumer Minimalism.**

**Summary:** Consumer minimalism means people choosing to buy, use, and live with less material things. Supporters of this lifestyle approach say that it solves the problem of overconsumption and the stress of “keeping up with the Joneses.” Opponents of this approach say that it goes too far in giving up our stuff. **1) Consumer minimalism interests** me because as a child of Filipino immigrants in a family of six members, I also grew up an unintentional minimalist, as my family worked with what we had when our household income needed to stretch to the next paycheck, and we called what we did “being frugal.” However, as my family improved economically over the years, I also saw my family start to buy more than we really needed, leading to overconsumption to just TOO MUCH STUFF. **2) How consumer minimalism affects me:** I like watching online content about consumer minimalists, like tiny house owners, van lifers, and people who declutter or downsize their homes. This encourages me to continue my childhood minimalist habits. **3) My position:** I’m a supporter of consumer minimalism. **4) Opponents** are likely against consumer minimalism because they like shopping for things and like owning a lot of things. **5) The common ground** on the issue between me and them is that we all want to buy what’s best for our money.

### **B. 2<sup>nd</sup> issue: Screen time.**

**Summary:** Screen time means people spending time on their devices, like computers, laptops, tablets, and phones. Supporters say that we don't have to stress about too much screen time since it connects us to other people and faraway places. Opponents say that it does the opposite, that it cuts us off from real-life interactions with people and places and can even hurt us psychologically and physically. **1) It interests me** because we ALL spend a lot of time in front of screen these days, whether at work or at home. **2) It affects me** personally because (as seen in the issue above) I like to consume online content about all sorts of things. This is true with my family members as well. **3) My position** is that lots of screentime don't automatically mean it's bad for you. **4) The opponents' position** is that lots of screen time is bad for you for various reasons. **5) Where there is common ground** on the issue between me and them is that we all want to spend the best use of our time.

**C.** I choose **Consumer Minimalism** (issue A) to write my Projects for this course.