

# APPENDIX C.

## SAMPLE LABOR LOG

You can access the most recent version of the labor log that I give to my students to use before the first day of each course online (<http://tinyurl.com/y7e6rpms>). It is a Google Sheets, which has formulas and graphs. The formulas also use links to another online spreadsheet that I use to keep track of all labor numbers. Using such interconnectivity in the spreadsheets can take some time to figure out, so I suggest starting with just having students use the spreadsheets as logs.

duration	date	session	reading or writing?	start time	location	engagement	mood	# of slacks	week of term
180	3/19/2018	writing course syllabus and materials	Writing	12:00 PM	home office	3	tired	1	week 1
180	3/20/2018	writing course syllabus and materials	Writing	9:00 AM	home office	4	neutral	1	week 1
390	3/21/2018	writing course syllabus and materials	Writing	8:00 AM	home office	5	happy	1	week 2
180	3/24/2018	wk 1 class prep	Writing	10:30 AM	home office	3	content	2	week 2
240	3/24/2018	reading Arac & Clemens and Barthes	Reading	1:00 PM	home office	4	happy	1	week 2
60	3/25/2018	reading Barthes and finishing wk 1 class prep	Reading	10:00 AM	home office	5	content	1	week 2
60	3/25/2018	finishing wk 1 class prep	Writing	11:00 AM	home office	5	interested	1	week 3
60	3/29/2018	prep wk 2 presentations and labor instructions	Writing	2:00 PM	home office	3	tired		week 3
45	3/29/2018	reading Ono article	Reading	3:00 PM	bedroom	4	anxious		week 3
60	3/31/2018	reading Greff article	Reading	2:00 PM	home office	5	relaxed	2	week 4
130	4/1/2018	prepping wk 2 class presentations	Research	2:00 PM	home office	4	sick/slightly dizzy		week 4
190	4/5/2018	writing labor instructions for wk 3	Research	12:30 PM	home office	5	bit rushed		week 4
120	4/7/2018	reading Tatum and Barthes	Reading	1:30 PM	home office	4	tired	1	week 4
180	4/8/2018	prepping wk 3 class presentations	Research	9:40 AM	home office	4	neutral	1	week 5
60	4/12/2018	prepping wk 4	Writing	7:00 AM	hotel room	4	anxious		week 5
60	4/13/2018	prepping wk 4	Other	7:00 AM	hotel room	4	anxious		week 6
60	4/14/2018	prepping wk 4	Other	7:00 AM	hotel room	4	anxious		week 6
60	4/15/2018	prepping wk 4	Writing	7:00 AM	hotel room	4	anxious	1	week 7

Figure C.1. Screen capture of Labor Log Version 8 from Google Sheets.

Each session of labor is recorded in a row of data in the labor log, so each column asks for a small bit of information about each session. While I'm often tweaking the columns of data I ask students to record in their logs, these data have been the most stable over the last few years:

- Duration (in minutes)
- Date of session
- Description of session
- Type of session (e.g., reading, writing, research, or other)
- Start time of session
- Location of session
- Engagement rating (1-5)
- Number of Slacks/Tweets

## Appendix C

- Week of term/quarter/semester

See the screen capture of what my most current labor log looks like as of this writing, and how I've filled it in for my own labor, as a way to demonstrate.