

## TELEVISION STUDIES – OCW UC3M

### Individual essay "TV, Me & Myself"

This is a very personal essay and it will be different to each student of the course. The main key to the exercise is to understand that its objective is to see how television has affected one person's life. And that television is not only important because millions of people watch it every day, but because it plays (or it played) a role in our lives.

This essay can be many different things. But it is not:

- A recollection of the programs that you watched when we you were a child.
- A summary of each of your favorite programs.
- A reflection about how television used to be much better.
- A description about why you don't watch television on a TV set anymore.

Some clips from the British documentary series *Gogglebox*, about people watching TV, can give you a sense of what you need to convey in this exercise: <https://www.youtube.com/watch?v=2FpzRzdSiD4> (Channel Four You Tube Channel).