

## **Capstone Reflection**

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## **Introduction**

This project gave me the chance to explore one of the most common and overlooked patterns in digital life. Every day, people tap accept on cookie banners, agree to permissions, and choose convenience without thinking about long term consequences. I wanted to understand why these choices feel so natural, and how they shape privacy in ways that are easy to miss. My three part blog series, The Convenience Trap, became a way for me to investigate this question through both research and personal reflection. In this paper, I explain the ideas behind my project, the steps I took to build it, and what I learned from studying privacy and convenience in the context of digital communication. I also reflect on how the DCIM minor shaped the way I approached this work and how it changed my understanding of living in the digital world.

## **Why I Chose This Topic**

I chose the privacy and convenience tradeoff because it is something I see almost every time I use technology. People talk about protecting their information, yet they still take actions that expose it. I have done the same thing. It felt important to understand why these moments happen and what they reveal about human behavior. The topic also connects to my interest in cybersecurity and my academic work in information technology. At the same time, it fits within digital communication because privacy choices depend on messages, design cues, and the ways platforms structure interactions. This combination made the topic meaningful on both a personal and academic level.

## **Research Foundations**

As I researched the topic, I learned that privacy decisions are shaped by a mix of psychology, design, and social factors rather than deliberate thinking. One of the most influential

sources was Acquisti and colleagues' study of privacy and human behavior. They explain that privacy choices are emotional, situational, and often based on quick judgments rather than careful thought (Acquisti et al., 2015). This helped me understand why people accept terms and permissions so quickly. Zhang and colleagues also influenced my thinking. They showed that even when people have strong privacy intentions, their actions often reflect convenience because the immediate reward feels more important (Zhang et al., 2024). These findings helped me frame the gap between what people say and what they do.

I also found research on how platforms shape behavior through design. Kim and colleagues demonstrated that people choose social login because it is fast, even when they do not fully understand the data that is shared (Kim et al., 2025). Turow and colleagues argued that many users feel they have no real choices online, which leads to resignation and acceptance of data collection (Turow et al., 2015). Research on social media behavior showed a similar pattern. Shih and Liu found that users disclose more information when they see others doing the same, which makes sharing feel normal and expected (Shih & Liu, 2023). Together, these studies revealed a clear pattern across digital life. Privacy loss is not dramatic. It is quiet, gradual, and influenced by many small decisions.

### **How the Research Informed My Project**

The research shaped each part of my blog series and helped me organize the ideas into a clear structure. In the first post, I focused on human psychology and why convenience feels natural. Acquisti's explanation of quick judgments helped me describe why people tap accept without hesitation. Zhang's work on intention and behavior guided my discussion of why people

say they care about privacy but still choose convenience. Shih's research helped me explain how social environments push people toward disclosure, even when they do not realize it.

In the second post, I focused on the places where privacy loss happens without being noticed. Mazzarello's work on context helped me explain how apps request more information than necessary and why people become numb to these requests (Mazzarello et al., 2025). Kim's study of social login supported my point that some design features hide the real privacy cost. Morando and colleagues helped me explain how small pieces of data combine into detailed profiles (Morando et al., 2014). This research grounded the examples I used and helped me explain the problem in a clear and relatable way.

In the third post, I used research to create practical advice. Nissenbaum's idea of contextual integrity helped me explain how people can think more clearly about when it makes sense to share information and when it does not (Nissenbaum, 2004). Ozeran and colleagues helped me show how apps often hide the amount of data they use (Ozeran et al., 2021). Morando's work helped me encourage readers to see their data as something valuable. Research allowed me to make recommendations that were realistic and supported rather than generic or vague.

### **Steps I Took to Create the Project**

I began the project by identifying the topic and reviewing the assignment requirements. After choosing the convenience trap as my focus, I gathered ten academic sources. I read through them carefully, and in some cases I scanned sections to understand the key points. I created my

annotated bibliography during this process, which helped me organize the information and see the patterns in the research.

After that, I outlined my three blog posts and drafted them one at a time. I revised each post for clarity and flow, and I made sure the tone was accessible but still supported by evidence. I selected images intentionally to help readers visualize the ideas and to break up the text in a meaningful way. I published each part on my website and checked the formatting to make sure everything looked professional. The final step was reading the series as a whole to confirm that the sections connected and the ideas flowed naturally from one part to the next.

### **What I Learned About My Topic**

Working on this project helped me understand how subtle and complicated privacy loss really is. I learned that most people do not make privacy choices through careful thinking. Instead, they rely on quick decisions that favor convenience. I also learned how design plays a major role. Systems are built to guide users toward fast actions, and those fast actions often involve giving away personal information. I saw how social expectations encourage people to share more than they intend. Most importantly, I realized that privacy loss is gradual. It does not come from a single moment, but from many small decisions made without awareness.

This project changed the way I see everyday technology. I now pay more attention to permissions, default settings, and the types of shortcuts platforms offer. I understand that convenience is not neutral. It is shaped by design decisions that serve the interests of companies. At the same time, I learned that privacy does not have to be sacrificed completely. Small choices can make a difference, and awareness is more important than perfection.

## **Connections to the DCIM Minor**

My DCIM coursework shaped the way I approached this project. The minor taught me to think critically about digital communication, media systems, and the role technology plays in everyday life. Many classes focused on how design influences behavior, how information spreads, and how digital systems create patterns that are easy to overlook. These ideas helped me analyze the privacy convenience tradeoff in a deeper way. They also helped me see the connection between individual behavior and larger digital structures. This project became a way to bring together everything I learned about digital literacy, communication, ethics, and the responsibilities we have as users in a complex digital environment.

## **Conclusion**

Completing this project helped me understand the convenience trap as a real and meaningful pattern in digital life. People do not lose privacy all at once. They lose it slowly, through many quiet decisions that feel normal. Research helped me see why this happens and how design, psychology, and social expectations all play a role. Creating the blog series taught me how to communicate these ideas clearly and how to encourage thoughtful digital habits. This project also helped me reflect on what it means to live in a digital world. Convenience will always be part of technology, but understanding the tradeoffs gives us a better chance at making informed choices. As I move forward, I will carry this awareness with me, and I hope my project helps others do the same.

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