

**One Second Every Day: 1SE**

Angelina DeLoach

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The story behind One Second Every day, or 1SE is fascinating. The creator, Cesar Kuriyama says that the inspiration came from growing up watching Doogie Howser M.D. He connected with Doogie’s habit of writing a couple of things about his day each night. Cesar tried to build this habit but was never able to keep up with it. Flash forward twenty years, and Cesar was working an unfulfilling job in advertising. After watching a TED talk by Stefan Sagmeister about the passage of time, Cesar decided he needed to buy himself some time off. So, he plotted and found out that if he lived frugally, he could quit his job at 30 and devote his 30th year to being with family and going on adventures. Cesar looked at this year as potentially being one of the only times he could do whatever he wanted, and he tried to capture all of it. He looked back on his life leading up to this moment and realized he didn’t remember a lot of it, and that video was the best way to keep a journal of his life. So, he decided to take a one-second video every day for that year, resulting in a 6-minute video form that year. A couple of TED talks and a Kickstarter campaign later, the 1SE app was available.

I first found out about this app when I was reading a blog. The author had recently gotten back from a vacation, and she shared her 1SE video capturing her trip. I had always thought that it was a fun idea, but I never liked the idea of video. I have always connected with still photography more than video, but it always stuck in the back of my mind. It wasn’t until I started back to school that I thought it would be a fun way of capturing my journey towards becoming a teacher.

In its purest form, the app takes one-second snippets from a video you made that day, strings them together and creates a video containing multiple days. You can choose what bit you take from a video, and the ability to preview the snippet before adding it. 1SE is pretty easy to use outright, but they also offer video tutorials to help you get started. They offer a feature that reminds you every day with inspirational quote alerts that act as a reminder to add your video. The options portion of the app has a lot of customization features like sound effects and a link where you can suggest features you want to see in the app. I found it pretty easy to learn, and the hardest thing for he was making sure that I kept up to date with my videos, though if you get behind, it is pretty easy to catch up with a feature that lets you set videos from previous days.

I think that One Second Every Day would be an excellent app to use to track student progress throughout a project or the semester. You can have students take pictures of their work once a day, and at the end of the project, create a small video of their progress. It would also be a fun way to reflect on the class as a whole, having each student create a short video and sharing their progress over the semester with the class. Recording the videos will help my students stay accountable to working on their projects and that they are not waiting till the last second. Though I do foresee issues with the app, I am concerned they are not going to do the snippets every day, defeating the purpose.

The main downfalls of this app is the cost. While it is free, free functions are a little more limiting. The pay version isn’t even a flat rate; it’s a subscription, you can choose to be billed monthly at $3.99 a month, or yearly at $29.99 a year. With the pro version, you can create multiple projects at one time, add music to your projects as well as can use more extended snippets.

I use the app, and I love that I can link all the days together into a little video. I also like that I can use my live photos and pull little snippets from the short video recorded. Sometimes I enjoy not filling in days so I can do them all at one time and reflect on the past.