

For my capstone project I would like to tap into the intersection between technology and psychology. Being my two favorite subjects I have always had an immense curiosity whether technology had an effect on the human brain. We live in an age where we own a plethora of different devices. An average person's home might consist of a television, computer, tablet, smartphone, and possibly a gaming system. There is no doubt that technology has become apart of not only our culture but in many other cultures in different countries around the world as well. As amazing and innovative technology is it is my assumption that it may have a negative effect on the human brain leaving children and adults with ADD/ADHD. Multiple times a day the typical person will stop what they are doing to answer a phone call, reply to a text, check their email, etc. It's important to note that these regular device "check-ins" happen whether there is a notification/alert or not. I think its safe to say it has become habitual. My question now is where does all of this leave the brain? And what is it about technology that has humans addicted to checking in on their devices relentlessly? Lastly, can technology leave individuals with cognitive impairments like ADD/ADHD?

I would like to begin by defining ADD/ADHD and giving some background on it for people unfamiliar with the term.

To quote the National Institute of Mental Health (NIMH):

*"Attention deficit hyperactivity disorder (ADHD) is one of the most common childhood disorders and can continue through adolescence and adulthood. Symptoms include*

*difficulty staying focused and paying attention, difficulty controlling behavior, and hyperactivity (over-activity)."*

ADD is the same thing minus the symptom of hyperactivity. It is my assumption and expectation that technology has a major role to play with the prevalence of ADD/ADHD in our society today. It is also my assumption that the more and more technology becomes infused in our lives, the more common ADD/ADHD will be. I think this is an important topic to dig deeper into because of where the American education system stands today. Maybe the results and findings from the research I plan to conduct can shed some light on this issue.

There are many different methods of research I plan on taking. I would like to gather statistical data and interview professionals. I think by first gathering statistical data that can provide a framework for me and decide where to look next from there. I also think interviewing a neurologist and a psychologist will be beneficial in setting up the development of my research. The last method I will use is gathering relevant information from scholarly articles and journals.

My proposed faculty mentor is Thomas Narock with no better reason than he being the instructor for this capstone course. I have contacted this instructor and currently waiting on approval otherwise my next choice will be Diane Murphy.

The timeline of this project will be demanding given the vast amount of data needed to be researched. *The following is a timeline on how I plan on dividing all the work that needs to be done:*

**Week of Sept. 21** – Complete Peer Review

**Week of Sept. 28** – Find 3 sources and complete 3 pages of draft

**Week of Oct. 5** - Find 2 sources and complete 2 pages of draft + Interview

**Week of Oct. 12** - Find 3 sources and complete 3 pages of draft

**Week of Oct. 19** - Find 2 sources and complete 2 pages of draft + Interview

**Week of Oct. 26** – Complete Peer Review 2

**Week of Nov. 2** - Break

**Week of Nov. 9** – Start editing draft (Pg. 1-3)

**Week of Nov. 16** – Editing draft (Pg.4-6)

**Week of Nov. 23** - Break

**Week of Nov. 30** – Finish editing and turn in final (Pg.7-10)

**Week of Dec. 7** – Prepare for presentation and project retrospective