Names of Group Members: Ben, Sadaf, Maya

Date: 2020-11-12 Period: 2

**Science Research: *Taking Notes on the Introduction (Part 1)*  
RHSQ Group Activity (practice)**

***Determine your group leader. The group leader will speak/write on behalf of the group.***

Instructions: Read the paragraph below. As you read (or re-read), do the following:

1. Discuss any terms you do not understand. Look up the definitions if needed.
2. Take notes in the margins or on separate paper. Share your notes with your group members.
3. **Write 1-2 full sentences that correctly summarize this paragraph without plagiarizing.**

*Summary sentence(s):*

1. **Group leader: Share your responses using the PollEverywhere link provided:**

<https://PollEv.com/free_text_polls/y7WL9ovjpwcXDmcjYiDaW/respond>

|  |  |  |
| --- | --- | --- |
| Notes: | Paragraph: | Notes: |
|  | Studies on the nature of disturbed sleep due to social media use (DSSM) have reported a strong association between social network sites use and sleep disturbance ([Levenson et al., 2016](https://sciencedirect-swb.orc.scoolaid.net/science/article/pii/S0140197120301391" \l "bib22); [Rosen, Carrier, Miller, Rokkum, & Ruiz, 2016](https://sciencedirect-swb.orc.scoolaid.net/science/article/pii/S0140197120301391" \l "bib30)). Such sleep disturbances include night time-specific behaviors related to social media such as waking to check messages or incoming notifications and later bedtime because of social media activities ([Fobian, Avis, & Schwebel, 2016](https://sciencedirect-swb.orc.scoolaid.net/science/article/pii/S0140197120301391" \l "bib9); [Levenson et al., 2016](https://sciencedirect-swb.orc.scoolaid.net/science/article/pii/S0140197120301391#bib22); [Scott, 2015](https://sciencedirect-swb.orc.scoolaid.net/science/article/pii/S0140197120301391" \l "bib37); [Woods & Scott, 2016](https://sciencedirect-swb.orc.scoolaid.net/science/article/pii/S0140197120301391" \l "bib45)). [Lenhart, Ling, Campbell, and Purcell (2010)](https://sciencedirect-swb.orc.scoolaid.net/science/article/pii/S0140197120301391" \l "bib20) found that as many as 86% of adolescents slept with their phones within a reachable distance, despite the fact that social media alerts cause or increase sleep disturbances. Indeed, [Royant-Parola et al. (2017)](https://sciencedirect-swb.orc.scoolaid.net/science/article/pii/S0140197120301391" \l "bib31) found that just having access to social media and a smartphone in adolescents' bedrooms is associated with sleep reduction. Social media dependence may have dramatically changed adolescents’ sleep habits worldwide. |  |

\*Excerpt from second paragraph of the Introduction section of: Evers, K., Chen, S., Rothmann, S., Dhir, A., & Pallesen, S. (2020). Investigating the relation among disturbed sleep due to social media use, school burnout, and academic performance. Journal of Adolescence, 84, 156-164. doi:10.1016/j.adolescence.2020.08.011