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Research questions:

1. How does the development of technology affect human behavior?

References	Direct quotations	Summary/ Paraphrase	Responses
Shima Sum, Mark. R. Mathews, Mohsen Pourghasem, Ian Hughes, Internet Technology and Social Capital:How the Internet Affects Seniors' Social Capital and Wellbeing, <i>Journal of Computer-Mediated Communication</i> , Volume 14, Issue 1, 1 October 2008, Pages 202–220, https://doi.org/10.1111/j.1083-6101.2008.01437.x	"The use of the Internet has become more common for seniors. The proliferation of Internet use has transformed the concept of place, consistent with the change of notions of time and distance. New media enabled virtual interpersonal interaction among individuals and introduced diverse new ways of sharing information and communicating with others. Internet use allows older adults to socialize regardless of boundaries with mobility and physical impairment."	"The widespread adoption of the Internet has redefined the idea of location, aligning with shifts in perceptions of time and distance. Emerging media platforms have facilitated virtual interpersonal engagement among seniors, introducing various novel methods of information sharing and communication. The utilization of the Internet empowers older individuals to engage socially without constraints related to mobility or physical limitations."	4
Mandellos, G., Tsiplanitis, D., & Lymberopoulos, D. (2018). Can information technology affects people's behavior and opinion? A way to identify it. <i>IFAC-PapersOnLine</i> , 52(25), 498-503. https://doi.org/10.1016/j.ifaco.1.2019.12.593	"These findings suggest that when individuals take affective disposition questionnaires measuring constructs such as feelings, attitudes, values, opinions, or physical states, their responses might be more vulnerable to different administration contexts or modes."	"The results indicate that when individuals respond to affective disposition questionnaires assessing elements like emotions, attitudes, values, opinions, or physical states, their answers may be influenced by various factors such as the context or mode of administration."	3

2. What are the effective ways of studying for college students?

References	Direct quotations	Summary/ Paraphrase	Responses
Hartwig, M.K., Dunlosky, J. Study strategies of college students: Are self-testing and scheduling related to achievement?. <i>Psychon Bull Rev</i> 19 , 126–134 (2012). https://doi.org/10.3758/s13423-011-0181-y	“Current evidence suggests that self-testing has widespread benefits across different kinds of tests, materials, and student abilities. For instance, self-testing by recalling the target information boosts performance on subsequent recall and multiple-choice tests of the target information, and it also boosts performance on tests of comprehension “	Existing evidence indicates that self-testing yields broad advantages across various types of tests, materials, and student aptitudes. For example, engaging in self-testing through the retrieval of target information enhances subsequent performance in recalling the information and on multiple-choice assessments related to the target content. Additionally, it positively influences performance on comprehension tests.	4
https://www.wgu.edu/blog/to-p-10-effective-study-tips-college-students2303.html	“College students often need help prioritizing their schoolwork and other responsibilities while combating stress and procrastination. A study routine effectively can help you to manage their time and stay on track with their coursework. With a study routine, individual goals can be set and broken down into smaller achievable tasks so that each step of the process can be efficiently completed.”	Many college students frequently require assistance in effectively prioritizing their academic tasks and addressing stress and procrastination. Establishing a structured study routine proves beneficial in managing time and maintaining focus on coursework. This routine allows individuals to establish and break down their goals into smaller, attainable tasks, facilitating the efficient completion of each step in the process.	4

3. How do we achieve goals easily?

References	Direct quotations	Summary/ Paraphrase	Responses
Cappuzzello, A. C., & Gere, J. (2018). Can you make my goals easier to achieve? Effects of partner instrumentality on goal	“Multilevel models indicated that partner instrumentality predicted increases in progress over time but only for those high in relationship satisfaction. Partner instrumentality	In multilevel analyses, it was observed that the influence of partner instrumentality on progress showed a positive trend over time, specifically for individuals experiencing high levels of	3

<p>pursuit and relationship satisfaction. <i>Personal Relationships</i>, 25(2), 268-279. https://doi.org/10.1111/pere.12238</p>	<p>also predicted increases in one's own relationship satisfaction but was unrelated to changes in the partner's satisfaction. These findings suggest that partner instrumentality benefits increased goal progress, particularly for those with satisfying relationships, and further increases relationship satisfaction.”</p>	<p>satisfaction in their relationships. Additionally, partner instrumentality was found to contribute to improvements in one's own relationship satisfaction, without significant implications for changes in the partner's satisfaction. These results imply that the advantages of partner instrumentality extend to enhanced goal progress, especially within the context of fulfilling relationships, thereby leading to heightened relationship satisfaction.</p>	
<p>https://dayoneapp.com/blog/journaling-goals/</p>	<p>“Journaling can be a powerful ally in the pursuit of your goals. By regularly recording your thoughts, feelings, and progress, you can gain insight into your motivations, track your progress, and stay accountable. Whatever your goals may be—whether you’re trying to improve your health or improve your fitness, complete a creative project, or simply live a more fulfilling life, journaling can help you stay on track and make meaningful progress toward your goals.”</p>	<p>Keeping a journal can serve as a valuable companion on your journey to achieving goals. Consistently documenting your thoughts, emotions, and advancements allows you to understand your motivations, monitor your development, and uphold a sense of responsibility. Whether your objectives involve enhancing your well-being, achieving fitness milestones, finishing a creative endeavor, or seeking a more satisfying life, maintaining a journal can assist you in adhering to your path and making significant strides toward accomplishing your aspirations.</p>	<p>4</p>