



E-Portfolio

Pauline Xandra B. Castro

EN202 - 01

Dr. Kimberly Bunts-Anderson

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Essay 1



Recent studies show that the planet is rapidly warming, which to an extent leads to rapid glacial melting. With the increasing effects of climate change, the impact the melting of the glaciers have on the environment must be addressed. This issue has been around for quite some time, but not many fully understand the major influence it has on the planet. Not only does it add to the issue of rising sea levels, but it affects weather patterns and wildlife as well. It leaves a negative effect on the planet and will continue to do so, if no action is taken. Many researchers have been working out ways to reverse this matter but concludes that before the year of 2100, third of the world's remaining glaciers will eventually melt.

With the constant usage of fossil fuels and greenhouse gases infiltrating our atmosphere, many glaciers around the world have been continuously melting. Human activities are the biggest contributors to this matter. The vehicles humans use on a daily basis are powered by these substances. People release gases such as: methane, carbon dioxide, and a few others, into the air by constantly burning fossil fuels for the use of their vehicles and to provide electricity. By consistently emitting these gases, it traps the heat into the atmosphere and results to the temperature rising. This badly affects places such as the Antarctic and Greenland, for it increases the glaciers to rapidly melt.

As glaciers melt, a great deal of negative effects have been occurring throughout the

planet. One of the main concerns would be the rise of sea levels. This concerns many for it could lead to animal extinction, excessive flooding, and the disruption of weather patterns. Further into that, polar bears are one of the endangered species affected by this occurrence. These animals are mainly dependent on sea ice. Their entire environment revolves around cold weather and when

these glaciers start to melt due to climate change, it jeopardizes their habitat. Being exposed in an unfamiliar environment affects their lifestyle and without those factors, they cease to exist.

Moreover, with sea levels rising, excessive flooding causes another issue to nature. Residential areas and farms would be destroyed along the process. Sudden increases of seawater will be stored in rivers, ponds, and lakes. Freshwater fish will be the ones to suffer considering they are not made to live in seawater. They would be placed in a different habitat and most likely

Essay 2

Sleep Deprivation Effects

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Are you a student that suffers from sleep deprivation? Are you aware of the effects it has on your body? College students often go through a period of time where they experience sleep deprivation. This often occurs when a student lacks in the sleep department and can be caused by numerous reasons. An excessive amount of studying and cramming last minute schoolwork can increase the chances of having a sleep disorder. Memory loss, academic failure, and a decrease in your immune system are a few of the negative effects it will have on your body due to lack of sleep. Students are not aware of how badly insufficient sleep can negatively affect their performance in school. Getting the right amount of sleep should be taken seriously for it not only affects our body but our performance as well.

The five literature resources that I used are *A Study on the Sleep Patterns and Problems of University Business Students in Hong Kong*. In this abstract, they investigated a study on sleep patterns on Hong Kong University students and concluded that poor sleep quality is common in university students, especially for students who attend morning lectures. (Tsui Y., & Wing Y. K. (2010), *Relationships of Sleep Duration With Weight-Related Behaviors of United States College Students*. Their study describes that sleeping less than 8 hours a night can lead to students having

poor internal regulation of food and has a greater chance of binge eating. (Byrd C., Shoff S., White A., Lohse B., Horacek T., Colby S., Brown O., Kidd T., & Green G. (2015), *How Sleep Deprivation Affects Psychological Variables Related to College Students' Cognitive Performance*. Cognitive performance is affected as well from sleep deprivation and disrupts the amount of concentration, effort, and performance a student shows. (Pilcher J., & Walters A. S. (2010), *Sleep Patterns of College Students at a Public University*. It states that when a person experiences sleep patterns, their circadian rhythm and their sleep hygiene are affected. (Forquer

Sleep Deprivation Effects

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L. M., Camden A. E., Gabriau K. M., & Johnson C. M. (2010), *The Prevalence of Sleep Disorders in College Students and the Impacts on Academic Performance*. Reported by the National Sleep Foundation, it is said that high school students who suffer from insufficient sleep experience depression and receive lower grades. (Gaultney J. F (2010). These resources will help

Essay 3

Methods to collect data on the Effects of Sleep deprivation on College Students

Some may have experienced sleep deprivation throughout their college years. It may have not been a good experience for it is extremely stressful to deal with and is often out of their control. Drowsiness, lack of focus, and a decrease in their immune system are just a few of the systems caused by sleep deprivation. Students often suffer from deprivation due to lack of insufficient sleep that are caused by a varying reasons, excessive studying and last minute schoolwork being the most common reasons. Sleep deprivation is a huge nuisance to college students for it affects their academic performance and will continue to do so if changes are not made. This essay will provide different methods on how to collect data of just how much sleep deprivation affects a college students' performance.

To begin, the first method that is presented will be conducting a survey. For this process, 38 students that are attending the Northern Marianas College will be collected to participate in this survey. These 38 individuals will each be given the same survey with questions that involve their college performance as well as their thoughts about sleep deprivation. There are a few demographic questions included while the rest are focused more on the topic to achieve an even more detailed answer from the individual. A few examples of the more focused questions asked are: how many hours of sleep the individual gets each night, what they think causes sleep

deprivation, and if sleep deprivation affects a student's performance in school. With these results, it will provide a thorough understanding of the college student's performance and habits that could possibly lead to being sleep deprived.

The second method would be to send letters and emails to reliable sources, both on-island and off-island. The on-island sources are the counselors that work at the Northern Marianas

Sleep Deprivation and Its Effects

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College. Counselors are reliable to seek information from, for they assist many different students throughout the semester. They undoubtedly have a better understanding regarding a student's struggles and concerns and are who these college students seek help and guidance from. The off-island sources would be professionals such as: psychologists or authors who write books regarding this topic. These sources have studied this topic thoroughly and will be able to contribute trustworthy information. Questions such as: why sleep deprivation is common for

Essay 4

Sleep deprivation and the effects on a college students academic performance

College students often go through a period of time where they suffer from sleep deprivation. It has gotten to the point where it may seem normal during this stage of life. However, lack of insufficient sleep can greatly harm not only their wellness but their academic performance as well. Poor sleep health often leads to receiving lower grade point averages, doing badly on tests, and increases the risk of academic failure. There are many contributing factors that result to sleep deprivation. Students may have part time jobs that they attend to, pull all-nighters to complete assignments, and the highest cause would be studying continuously. Among college students who suffer from this has a high chance of having their learning and memory ability to be compromised. For this topic has been brought into light, many researchers have been conducting studies and experiments to fully understand why and how this occurs.

Regarding sleep deprivation, it is said that most college students go through irregular sleep schedules. Hershner and Chervin (2014) have conducted various studies that lead to different sources of how sleep deprivation came to be adapted by college students. They explain the different effects it could cause and includes brief information about each aspect. Regulation of sleep, sleep hygiene, and even how alcohol and caffeine play a role in sleep deprivation is explained. It is said that 50% of college students compared to 36% of adults, often suffer from

daytime sleepiness. During the day, most students have trouble staying awake for lectures and focus on being alert of their surroundings. Drowsiness is most commonly shown and at least 60% of college students undergo this situation 3 days a week.

Based on research, sleep deprivation is mainly caused by how many hours a night each student receives. Hershner (2015) explains that 70%-96% of students get less than 8 hours of

Literature Review

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sleep every night. In 1 study that was conducted, 4% of architect students get 7 hours of sleep a night and also pulls at least 3 all-nighters each week. Pulling all-nighters lead to erratic sleep and increases a risk in how the student performs in class due to lack of sleep. This could greatly affect their natural circadian rhythm and could negatively have the student adapt to odd sleep behaviors.

Hershner and Chervin (2014) examined a few subjects and gave them a task to prove a

Final Research Report

EFFECTS OF SLEEP DEPRIVATION

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Abstract

Pauline Castro, a student attending Northern Marianas College majoring in Elementary Education, did a three-month study on sleep deprivation and how it affects college students. The main purpose of this essay is to educate and spread awareness of the consequences, sleep deprivation has on college students. Not only does receiving lack of insufficient sleep can affect a college student's academic performance, but mentally and physically as well. Through the different methodologies conducted such as: surveys, letters to experts, and interviews, the needed information will be collected to prove a point. The study being conducted has an importance for it covers a topic that is not commonly spoken about but is frequently seen in the generation today.

Introduction

Receiving the right amount of sleep for a college student is one of the factors needed to determine their performance. This paper will analyze how sleep deprivation affects college students. Although it is taken for granted in most cases, college students should realize the importance of getting enough sleep. An example of this being: the quality of sleep acquired determining how well a student performs regarding their memory and concentration. The

question, "How does sleep deprivation affect college students?" will be answered through various methods of methodologies. To receive information regarding this topic, surveys and interviews will be conducted on college students that attend Northern Marianas College. Directly surveying and interviewing local college students in the area will help get a better understanding of the matter. Also, it is a smart way to obtain sufficient information from college students themselves and their thoughts of sleep deprivation and the effects of it.

EFFECTS OF SLEEP DEPRIVATION

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Background Information

According to an article, *Causes and consequences of sleepiness among college students*, sleep deprivation is not the only disturbance that is prevalent among college students. Daytime sleepiness, sleep deprivation and poor sleep schedules are what causes 70% of college students to receive insufficient sleep. Students who suffer from these sleep dysfunctions often result to

Reading Notes 1 & 2



Note Taking Sheet: Reading # __1__

Pauline Xandra B. Castro Course ENCOURSE NAME EN202-ON Section ON01

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author's Name: Mckeever, Kevin
2. Author's Credentials: Press Release
3. Publisher [or title of organization]: abc NEWS
4. Heading of Section [title of reading]: *Stressed out College Students Losing Sleep*
5. Year Written: August 13, 2019
6. Pages: N/A
7. Website URL:

7. Website URL:

<https://abcnews.go.com/Health/Healthday/story?id=8312502&page=1>

Main	Important	Supporting	Relevance to Your
------	-----------	------------	-------------------

Ideas/Points	Quotations	Details	Assignment
<ul style="list-style-type: none">• Students often forgo lack of sleep by the constant worry of studies and personal matters.	<ul style="list-style-type: none">• “Students underestimate the importance of sleep in their daily lives.”	<ul style="list-style-type: none">• Studies conducted• Surveys made	<ul style="list-style-type: none">• Statistics included regarding the study conducted will be helpful for the research.

Reading Notes 3 & 4



Note Taking Sheet: Reading # 3

Pauline Xandra B. Castro Course ENCOURSE NAME EN202-ON Section ON01

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author's Name: Hershner, Shelley; Chervin, Ronald
2. Author's Credentials: Assistant Professor, Department of Neurology, University of Michigan (Hershner); Professor of Sleep Medicine, Neurology, University of Michigan
3. Publisher [or title of organization]: Research Gate
4. Heading of Section [title of reading]: *Causes and consequences of sleepiness among college students*
5. Year Written: June 23, 2014
6. Pages: 73-84

7. Website URL:

https://www.researchgate.net/publication/263898848_Causes_and_consequences_of_sleepiness_among_college_students

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<ul style="list-style-type: none">• Students suffer a high prevalence of daytime sleepiness	<ul style="list-style-type: none">• “The amount of sleep that students obtain is often dictated by the first obligation of the day	<ul style="list-style-type: none">• Inadequate sleep is common among college students and affects academic	<ul style="list-style-type: none">• Statistics included regarding the study conducted will be helpful for the research.

Reading Notes 4 & 5



Note Taking Sheet: Reading # 5

Pauline Xandra B. Castro Course ENCOURSE NAME EN202-ON Section ON01

With many sources to read and evaluate, you need a way to keep track of the material you may use in your research paper. You need to record where you have looked, what you have found, and how to find each piece of information again (this is for your bibliography).

Directions: Fill in the information below, and keep with all of your resources. This will help you when it is time to write both your outline, paper, and annotated bibliography.

1. Author's Name: Ducharme, Jamie
2. Author's Credentials: TIME staff writer covering health
3. Publisher [or title of organization]: TIME Magazine
4. Heading of Section [title of reading]: *The sleep habits that can improve your grades, according to a new study*
5. Year Written: October 2, 2019
6. Pages: N/A
7. Website URL: <https://time.com/5689957/sleep-college-students-grades/>

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<ul style="list-style-type: none"> • Experiment conducted by a professor regarding the impact sleep has on academic performance. 	<ul style="list-style-type: none"> • "If you can just get the same amount each night, compared to someone who averages the same amount as you but gets less consistent sleep, you're going to do better" 	<ul style="list-style-type: none"> • Doctors recommends student's sleep and rise time to be constant throughout the week 	<ul style="list-style-type: none"> • Provides good supporting details that will have relevance to my research paper
Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
The time students often go to bed	"You will be more mentally prepared	Sleep consistency is just as	They analyze a student's sleep consistency that I believe is

Hyperlinks



Essay 1:

https://docs.google.com/document/d/1WGZZX9-WcxLOCa_ZCvsnDhmzy-lT718kG_F0RcIwZPY/edit?usp=sharing

Essay 2:

<https://docs.google.com/document/d/1WHU5EJEafzpMFiEm097UL0by34PIbtmCoYvKSWBJ9b8/edit?usp=sharing>

Essay 3:

<https://docs.google.com/document/d/1PmWsKJa49FaCsVVqXktxebme8RrjWF3K6jX7RLtArmM/edit?usp=sharing>

Essay 4:

https://docs.google.com/document/d/1XPVMZJlW3Y2yoLEes0hbwj6yMjGoLWz2wjyhc6FtD_I/edit?usp=sharing

Hyperlinks Cont.



Final Research Report:

<https://docs.google.com/document/d/1KMqOefBFGLdfjX-3gkjLc4AOF1Qt0USf6VHJ-3rGns/edit?usp=sharing>

Reading Notes 1 & 2:

<https://docs.google.com/document/d/1ORvO0I78Yt1JJn5LUBP2RD4kodqhDpyahM39TApb0po/edit?usp=sharing>

Reading Notes 3 & 4:

<https://docs.google.com/document/d/1KHhC0YpBXiXaiNVTZejsXadOpmdBbB3bo09NERfmb3Y/edit?usp=sharing>

Reading Notes 5 & 6:

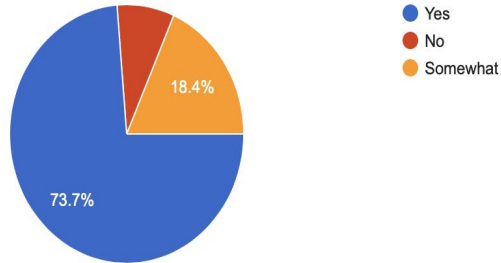
https://docs.google.com/document/d/1NXwlHixxhheGHxSHETH_t5Dv18leCujMLLn-XI7zqGM/edit?usp=sharing

Appendix A: Survey



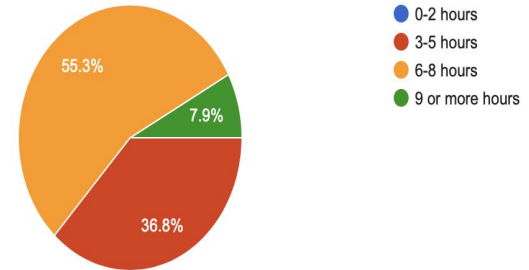
Do you know what sleep deprivation is?

38 responses



How many hours of sleep do you get each night?

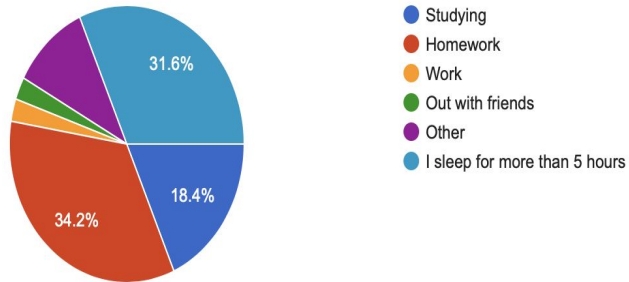
38 responses





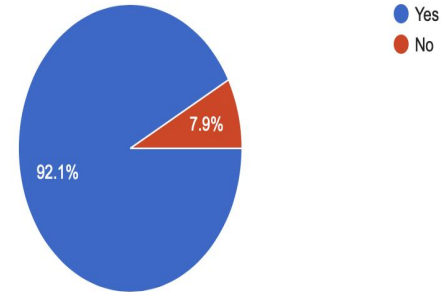
If you answered 5 or less hours, what causes you to get that amount of sleep?

38 responses



Have you ever stayed up on a school night?

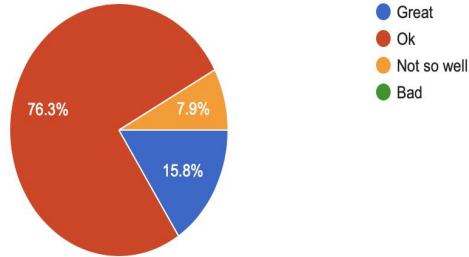
38 responses





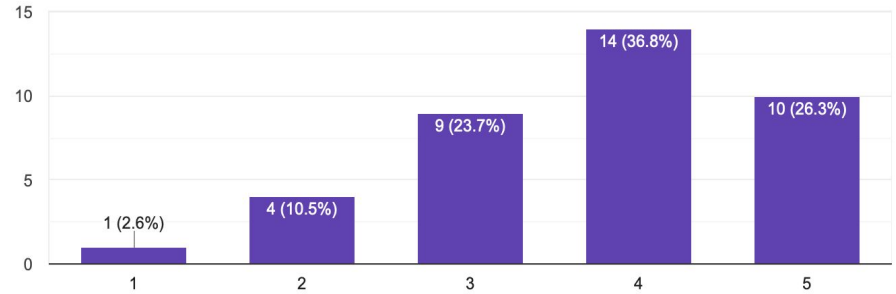
How well are you doing this semester?

38 responses



On a scale of 1-5 (1 being the lowest and 5 being the highest) how tired do you feel in the morning?

38 responses





What do you think causes sleep deprivation?

38 responses

often due to procrastination

Poor time management

pressures of school or society

Distractions like the internet or rushing to finish work due dates

Homework or socializing

homework and using my phone at night

procrastinating on assignments

playing video games or being on your phone

Being on social media 24/7

Procrastinating

Staying up at night

college assignments !!!!

Lastly, as a college student, what advice would you give to avoid being sleep deprived?

38 responses

Do your things on time.

Have a schedule with the things you would need to do before the night ends. Also have an alarm as to when you would need to sleep.

do assignment early

Have a neat schedule, sleep early, set an alarm so you don't wake up late.

Have a to do list if you find yourself running out of time but still have so much to do.

relax

Manage your time wisely. It's all about keeping track of works and setting time to finish everything gradually. Set time for yourself too such as breaks between study time to not get yourself unmotivated.

Do your work on time and prioritize your time wisely

don't procrastinate

have a good sleeping schedule

Take as much naps as you can

Appendix B: Letters to Experts



James Kline

to me ▾

Nov 17, 2015, 1:00 PM (UTC-5)



Dear Pauline,

For question #1, sleep deprivation absolutely affects academic performance. Getting enough sleep (7-8 hours per 24 hour period) is necessary to maintain one's physical and mental health because during sleep, the body replenishes itself so that the person can maintain enough energy to complete both physical and mental tasks. Sleeps helps keep one's immune system healthy, so if a person is not getting enough sleep, he or she is more likely to get sick. Sleep also helps process information that a person has learned during the day, for example, in school. Sleep helps with maintaining memories, which again includes what a person has learned in class. Getting a good night's sleep before taking a test helps the person perform better on the test. However, cramming for an exam before a test might not be as effective as preparing for a test over a period of time so the brain has a chance to process information gradually rather than being overwhelmed with information just before a test. Also, if a person comes to school suffering from sleep deprivation, he or she will likely not be able to concentrate as well on the information being presented and this will later have a detrimental effect assignments based on this information.

For question #2, a student's first priority is performing well in school. Therefore, everything else is of secondary importance. That's the ideal, but of course a student has many other responsibilities, including sometimes job responsibilities and family responsibilities. However, if a student is serious about doing well in school, he or she must maintain a schedule that allows for a good night's sleep. If a student is overwhelmed with too much school work, once again, this will affect sleep since such a school work overload will create anxiety and worry, resulting sometimes in insomnia and other sleep problems. If that's the case, a student still needs to figure out a way to complete the school work and at the same time maintain his or her mental and physical health by getting enough sleep.

I hope this information will help you with your assignment.

Jim Kline

Appendix C: Interview Notes



How was your experience being sleep deprived and attending college? Has it affected you academically, physically or mentally?

1. "No, but it depends. Academically, I think I'm the type of student who does well on assignments and quizzes without attending the lectures or classes. But of course, with being sleep deprived, it messes up my focus and concentration. I think it's normal to be that way when you lack sleep". -G.B.
2. "Being sleep deprived was very stressful for me. As a college student and full time employee, it made the situation even worse. I would stay up at night after my shifts just to study or finish assignments. Yes, I did feel like it affected the way I learned and such. I would feel sleepy during lectures and would get sick a lot because I didn't sleep enough". -J.H.
3. "I always thought it was normal to have lack of sleep since it's been happening a lot for me during my high school years. It isn't much of a difference being in college, just more stress I guess. I do still pull all nighters and somehow it became a part of my routine lol. I noticed that it affects me though, I like to do things last minute now and would skip meals throughout the day. I think there was a point where I lost weight and almost failed classes". -L.G.



4. "Before, I guess I would say that it was troubling for me, lacking sleep and all. I managed to get through that phase of sleeping at 2 am because my friends and family were really concerned. Being in college forced me to be better at time management and with my sleeping schedule too. It was really really hard to fix it, I remember it so clearly. But I would just like to give advice to those struggling with this that it gets hard at first but if you really push through and do it, it'll happen". -C.L.
5. "My experience isn't that interesting. My family has always had a curfew time set for my siblings and I. We usually don't stay up past 11 so I don't think I have trouble with lack of sleep. Even if I try to sleep early, as a student I guess that it's kinda normal to sleep at a certain time every night. My advice to students, just try to not procrastinate and have a good schedule that you can follow". -M.G.
6. "I'm glad you asked me about this, no one really talks about sleep deprivation. Anyways, yes, as a student in college (no matter what year or semester you're in), I believe it is extremely difficult to juggle social life, school, a job, and maintaining your well being too. I myself still do have problems with sleep deprivation, I'm sure it's not just me HAHA. One time, it was so bad that I skip my classes just to get an extra hour of sleep to get through the day". -E.T.
7. "Well, for me, you can tell that I really lack sleep. My eye bags are so prominent that it's impossible to hide lol. I'm one of the many many students that probably sleep at 3 or 4 am because I'm either binge watching on shows or trying to study for a test the next day. Sleeping the same time every night is not an easy task. I tried managing my time but it's hard with things that happen on a daily basis. I don't even try to look decent anymore for class and I'm sure my classmates can tell too". -R.C.

References:



Byrd C., Shoff S., White A., Lohse B., Horacek T., Colby S., Brown O., Kidd T., & Green G. (2015). Relationships of Sleep Duration With Weight-Related Behaviors of United States College Students

Forquer L. M., Camden A. E., Gabriela K. M., & Johnson C. M. (2010). Sleep Patterns of College Students at a Public University

Gaultney J. F. (2010). The Prevalence of Sleep Disorders in College Students and the Impacts on Academic Performance

Hershner, S. (2015). Is sleep a luxury that college students cannot afford? *Sleep Health*, 1(1), 13–14. doi: 10.1016/j.sleh.2014.12.006

Hershner, S., & Chervin, R. (2014). Causes and consequences of sleepiness among college students. *Nature and Science of Sleep*, 73.

doi: 10.2147/nss.s62907

Pilcher J., & Walters A. S. (2010). How Sleep Deprivation Affects Psychological Variables Related to College Students' Cognitive Performance

Tsui Y., & Wing Y. K. (2010). A Study on the Sleep Patterns and Problems of University Business Students in Hong Kong