

Presentation

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EN 202 - 01

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Primary Question

How does sleep deprivation affect college students?

Secondary Question

What are the effects of lack of insufficient sleep on a student's academic performance?



For this research, I had:

Interviewed and surveyed = 38 college students attending Northern Marianas College (NMC)

The survey was online based and the link was given to those 38 college students. The students taking the survey remained anonymous for privacy reasons.

For the interview, it lasted only about 5-10 minutes for there were only 3-4 questions asked and was conducted in NMC itself. It took about a week to conduct these interviews due to my school schedule. I decided not to record each response but instead wrote down important notes on what each individual said. They wanted to remain anonymous but agreed with just having their initials written instead.

Regarding expert emails:

I had chosen 10 experts and sent 10 emails for this research project.

*Below are examples of the questions that were included in the email:

1. *Do you think sleep deprivation and a student's academic performance correspond with each other? Why or Why not?*
2. *How important do you think receiving the right amount of sleep is for college students? Please explain your reasoning.*
3. *Do you think lack of insufficient sleep is mostly caused by school assignments or outside activities? Please elaborate your response.*



Throughout my research, I found that I could have improved my project by taking more time to work on it. Due to work and a hectic school schedule, I had to work around my free time to conduct interviews and do significant research for the project. If I had spent more time, I would have been able to find better literature sources and gather more students to participate.

Strengths:

- For this research project, I believe my strengths were approaching people to ask for their participation. There are some who have trouble approaching others, however, I believe that my people skills helped for this situation.

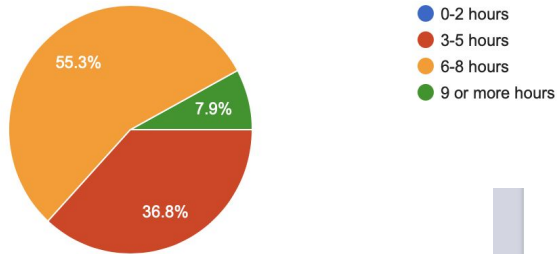
Weaknesses:

- For this project, I noticed that my writing flow was off due to not being used to writing a research paper. Also, finding literature sources is what I had a hard time with. It was difficult to find sources from books, so I had to result with online articles instead.

Results:

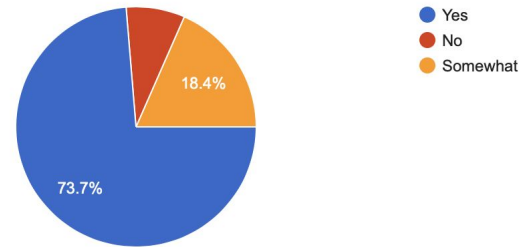
How many hours of sleep do you get each night?

38 responses



Do you know what sleep deprivation is?

38 responses



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



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 !!!!



For this project, the analytical process I used is brainstorming. It was a method I felt comfortable using and was helpful for this project. After gathering and analyzing the results from the surveys, many students have voiced out that sleep deprivation does have an effect on them. Within the short answer portion in the survey, there was a majority that answered 'procrastinating' and 'doing homework' as the cause to being sleep deprived. It was no surprise to me, for it is something I have experience it. With the information received, it helped writing my research paper.



Describe what you learned about the topic? What did you learn about research?

- I learned that sleep deprivations is very common among students who are in college. Within my research, there were students that voiced out the struggles that it comes with, how their sleep schedules were not intact, and the effects it had on how they function.

Describe what you learned about academic writing. How did you organize your report? What do you feel you did well ? Discuss what would you do differently?

- Academic writing taught me how to state an argument clearly within the format given. I understood the importance of citing information used for a paper, according to the style guide that your instructor has given. It has taught to organize my paper the right way with the right tone and grammar as well. I felt like I did better than I was before and would like to improve the flow of my paper in the future.

What would you like to learn more about in the future? What skills would you work on further? What skills did you improve on? How have you have planned to disseminate your results. Was there anything unexpected, new, interesting, curious, funny you would like to share?

- In the future, I would like to learn more about how to have a good flow within your paper. I felt like this research paper was a good practice to writing a better one. The skills I would work on is writing my abstracts and my literature review. It is something I'm not really familiar with and would like to improve. However, I felt like I did better with using citations and organizing my results. I planned to disseminate my results by sharing my findings and informing with my fellow classmates. It was a funny experience because most were aware of what it is and I found it interesting when they openly shared their stories with me.