

ANNOTATED BIBLIOGRAPHY

Format

Source in
MLA Format with
hanging indentation

Adams, Sue K., et al. "The Young and the Restless: Socializing Trumps Sleep, Fear of Missing Out, and Technological Distractions in First-Year College Students." *International Journal of Adolescence & Youth*, vol. 22, no. 3, Sept. 2017, p. 337.

Summary of the
information you found
in the source.

In this article, Adams et al. investigate reasons why first-year college students are often sleep deprived. They conducted interviews to explore what factors students' affected sleep during the first semester of college. Their findings uncovered three primary factors: socializing, fear of missing out, and social or technological distractions. These findings contribute to current research by highlighting the interrelated nature of these factors and the overarching theme of socializing as central to students' non-academic lives.

Response to the article
discussing its
significance

While findings from Adams et al.'s study contribute to our current understanding of the role technology plays in early college students' lives, there are several limitations to the study. Because the qualitative nature of the study, the population size was small, and while the data was rich, there are limited generalizations that can be made from the findings. Moreover, given the more pressing concern of technology's role in changing the habits of students, additional investigation into how students interact *through* social media to socialize may have lead to more robust findings.