**Chapter 4 Assignment: Consciousness**

**Objectives**: Students will...

* critically analyze a research article in the area of consciousness and sleep.
* become familiar with an academic research article.

**Requirements**:

* Choose one of the articles listed (scroll down to find the articles).
* Write a 500+ word (2 pages minimum) analysis of the article.  The analysis should include at least one paragraph for each area below.
  + Provide an overview of the article's **focus**. What is the **research purpose, research question, and/or hypothesis** of the study?
  + Explain the **major concepts** related to the study.
  + Describe the **methods** used in the study. Refer to chapter 1 in the textbook (starting at p. 18) to help you discuss research methods. Who was studied, in what ways, and for how long? Was the study designed to describe what, explain why, predict when, or control how? What research methods did the researchers use (e.g., naturalistic observation, laboratory observation, case studies, surveys)?
  + Describe the **research findings.** What did the researchers learn?
  + Discuss concerns or questions you have regarding the **ethics** in conducting the study (see pp. 35-36 in the textbook) or **bias** in the study (see pp. 21, 23, 25 in the textbook). This part is **mandatory**. If you say you don't have any concerns or questions about ethics or bias, explain why in detail.
* Your analysis will be shared with the class. This means you should know what you are talking about. **Look up any terms** that you don't understand and take notes on what you are learning.
* Write to provide the class with an understanding of the article. Explain the article in your own words. You should reference **specific information** from the article, and you should provide a few key quotes from the body of the article.
* This is not an opinion paper. Your writing and presentation should be grounded in scientifically accepted understandings in the area of consciousness and sleep.
* When referring to information within the article or any source, cite the reference.  Citations must occur in-text AND at the end of the paper.  Citations must be in APA format.  Visit Purdue's Online Writing Lab (OWL) for formatting guidance on [in-text citations](https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/in_text_citations_the_basics.html) and the [reference list](https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/reference_list_basic_rules.html).

**Other specifics**:

* Heading and references do not count toward the word count.
* Make sure you edit your paper for grammar, spelling, style (write in paragraphs, not one long chunk of text), and academic language.
* Formatting: 4-part heading, standard 12-point font, 1-inch margins, double-spaced.
* Print or submit by sharing with Word online.

**Articles**

* [Sleep and Behavior Problems in School-Aged Children](http://pediatrics.aappublications.org/content/107/4/e60.full)
* [Effect of chronic sleep restriction on sleepiness and working memory in adolescents and young adults](http://weebly-file/9/1/3/9/91393338/chronic_sleep_restriction.pdf)
* [What Role Does Sleep Play in Weight Gain in the First Semester of University?](http://weebly-file/9/1/3/9/91393338/sleep_and_weight_gain_roane.pdf)
* [The effect of vitamin D supplement on the score and quality of sleep in 20–50 year-old people with sleep disorders](http://weebly-file/9/1/3/9/91393338/sleep_and_vit_d.pdf)
* [Start Later, Sleep Later: School Start Times and Adolescent Sleep in Homeschool Versus Public/Private School Students](http://weebly-file/9/1/3/9/91393338/school_start_times.pdf)