Outlining with Sources
Model Response 2

Students Harmed By Technology Dependence

Thesis: Although technology may help our overall economy, students across America are being harmed by their dependence on personal digital technology.

Main Point 1: (Body Paragraph Topic Sentence) First, students are harmed by their dependence on personal digital technology because they have become less active.

Possible Source: According to Cespedes (2013), a Canadian study conducted published in the "International Journal of Obesity" linked 7- to 11-year-olds' television and computer use to a significantly increased risk to being overweight or obese. The study found that children who spent 3 or more hours a day in front of technology had between a 17- and 44-percent increase of risk of being overweight, or a 10- to 61-percent increase risk in obesity.

Possible Source: Recent studies have shown that excessive use of electronic devices - computers, cellphones, e-books - contributes to childhood obesity and a host of other problems, such as computer vision syndrome (Mackarey & Caputo, 2013)

Main Point 2: (Body Paragraph Topic Sentence) Second, students are harmed by their dependence on personal digital technology because their social skills are being lost.

Possible Source: The increasing importance of media and technology in children's lives negatively affects their social and communicative development (Coyl, 2009).

Possible Source: Text messaging and e-mails provide limited or no access to other people's emotions, and the rich language of nonverbal communication that occurs in real-time interactions is lost (Coyl, 2009).

Possible Source: According to Barreto and Adams (2011), children can easily become overly dependent upon video games as a primary source of play and fantasy, leading to an avoidance of social interaction with peers and adults.

Main Point 3: (Body Paragraph Topic Sentence) Third, students are harmed by their dependence on personal digital technology because it has the potential to change their psychological behavior.

Possible Source: Martin (2013) writes: "Tolerance in children is vanishing quite increasingly due to the improper use of technology. For example, children get frustrated quickly when they surf internet and the page they want to view takes time to load."

Possible Source: A child's obsessive behavior at this age with digital media and poor emotion regulation and self-care may lead to sudden changes in mood (anxiety, depression), sleep loss, and temper tantrums tied to media usage and transitions away from the screen (Barreto & Adams, 2011).

Possible Source: Studies show that parents whose children played videogames more rated their child as more aggressive, withdrawn/depressed, anxious/depressed, and as having more rule-breaking behavior, social problems, and somatic complaints than did parents whose children played videogames less (Jackson, Fitzgerald, Zhao, Koleni, Von Eye, & Harold, 2008)

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