

Log book
How Screen Time Affects Human Behavior By Kawrin Amin

December 5 - Decided on Science Fair topic

January 26 - Started presentation slides and introduction

January 27 - Continued and finished Introduction, found a survey done by the Canadian Pediatric Society online

February 1 - Searched for images online, added 2 images to slides

February 4 - Added reasons why extreme screen time is bad and weekly schedule to slides

February 6 - Added a table about Pros and Cons of Screen Time

February 9 - Added slide about how to limit screen time

February 14 - Found information about Different Levels of Concern Individuals have about Screen Time and Percentages, added a table about that to presentation

February 17 - Created a graph for the percentages of the Different Levels of Concern Individuals have about Screen Time on the presentation

February 20 - Added another slide on limiting screen time, encouraging and practicing other activities

February 21 - Found Average Amount of Screen Time By Age for the ages 0 - 8, added a table on the slides

February 23 - Found a research study example online performed by the National Institutes of Health and quote by Dr. Jennifer F. Cross, added to presentation slides
Put citations used on slides

March 2 - Added my own experience with screen time and conclusion onto the slides

Citations

<https://search.yahoo.com/search?fr=mcafee&type=E211US0G0&p=How+can+I+write+screen+time+affect+human+behavior>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10353947/>

<https://search.yahoo.com/search?fr=mcafee&type=E211US0G0&p=Screen+time+images>

<https://healthmatters.nyp.org/what-does-too-much-screen-time-do-to-childrens-brains/>

https://technosapiens.substack.com/p/new-data-screen-time-for-ages-0-to?utm_medium=email

<https://cps.ca/en/media/doctors-should-counsel-parents-of-young-children-on-screen-time#:~:text=Prioritize%20educational%2C%20age%2Dappropriate%20and,and%20co%2Dview%20with%20children.>