

## Citing Evidence – Demonstration

Article: Psychological Tips for Resisting the Internet's Grip

<https://theconversation.com/psychological-tips-for-resisting-the-internets-grip-52046>

**Claim:** The Internet is full of good information, but it's also a place to get lost and waste time. Because of that, strategies for managing use are helpful.

**Evidence** (from article): "Content on the net isn't only <designed to grab our attention>; some of it is <specifically built to keep us coming back for more>: {notifications when someone replies to posts, or power rankings based on up-votes}. These \*cues trigger the reward system in our brains\* because they've become associated with the potent reinforcer of social approval".

<>: These phrases support the claim that the Internet may be "a place to get lost and waste time" for many people.

{ }: Examples of design to grab attention end to keep people coming back

\* \*: This phrase suggests scientific evidence, with words like brain "triggers" and "reward system". It supports the second part of the claim that one may need to use strategies to resist things that trigger something in one's brain.

### Additional discussion and activity options:

- 1) When using a text to support a claim, you should feel confident the information is from a reliable source. If the source is reliable, scientific data, studies, etc. should be, too. (Discuss the fact that some information, especially on the Internet, can be unreliable).
- 2) Can you explain the evidence from the article in your own words? (Practice Paraphrasing)