

Reflection Prompt 1: How did you select your research topic or question? Did your topic or question change in any way during the research process?

During this summer, I encountered numerous children who depended on melatonin for a restful night's sleep, which caused me concern. Melatonin has seen a surge in popularity, particularly among adults and children, in recent years. Many individuals are turning to this medication as a quick solution without fully understanding the potential consequences. I strongly believe that children should not overly rely on medication for something their bodies naturally regulate. There exist alternative natural remedies for sleep issues, such as increased daytime activity and reduced screen time before bed. I selected melatonin as the focus of my research project to highlight this issue and shed light on its negative side effects and associated concerns.

Reflection Prompt 2: Did interactions with librarians, your professor(s), peers, and/or others influence the direction of your research?

I engaged in a one-on-one session with my professor, Dr. Kenzie, to deliberate on the trajectory of my paper. Following the completion of a comprehensive rough draft of my research, we opted to slightly shift the paper's focus. In my initial draft, I had allocated multiple paragraphs to discussing the benefits of melatonin usage, whereas the remainder of the paper primarily looked into its adverse effects. After our deliberation, we reached a consensus to omit the positive aspects and concentrate solely on detailing the negative side effects. This approach ensured that my paper maintained a cohesive central theme and purpose, avoiding the multiple and unnecessary trains of thought.

Reflection Prompt 3: How did you find the sources you used in your research? Which specific search tools or databases - library or otherwise - did you use? If you encountered any challenges while searching for sources, how did you overcome them?

Nicole Juve, the Health Sciences librarian, played a pivotal role in facilitating my ability to access the resources. She visited one of my classes to familiarize us with the North Dakota State University online library's offerings. During her session, she demonstrated how to navigate the online system to locate peer-reviewed articles and refine our search criteria. Previously, when I had attempted to use the NDSU online library, I found it daunting and struggled to narrow down my options. However, Nicole's guidance clarified the process of conducting targeted searches using keywords and phrases. During the beginning part of my research, I encountered difficulty with the keywords I was employing, resulting in unsatisfactory search outcomes. However, by adjusting and refining my choice of words, I found it progressively easier to identify the precise peer-reviewed articles essential for my research.

Reflection Prompt 4: Reflecting back on your research experience, is there anything you would do differently? Are there any resources or services the library could offer to better support student research?

Reflecting on my research experience, there are a few things I would consider doing differently. Firstly, I would start my research process earlier to allow for more time to explore different avenues and to address any unexpected challenges that may arise. Additionally, I would have asked for advice sooner to ensure that I am utilizing the most effective research strategies and resources available. As for resources or services that the library could offer to better support student research, one suggestion would be to provide more comprehensive workshops or tutorials on advanced research techniques. These could include database searching, citation management, and literature review skills. Numerous students who arrive at NDSU lack sufficient instruction on how to effectively locate suitable sources, manage them, and appropriately edit and revise their papers