Name: Lauren Radicchi
Year in Course: 3rd (Senior)
Topic: Adolescent Psychology, Sleep, Memory, and Technology Use
Mentor: Dr. Anna Schapiro, University of Pennsylvania
Title: The Impact of Technology Use before Sleep and its Effects on Implicit and Explicit Memory Retention
Bio:

Lauren Radicchi is a senior at Pawling High School and has worked very hard during her third year within the Science Research Program. She has taken on a rigorous course load during this school year, including 4 AP classes, and she hopes to push herself in order to understand the importance of perseverance even more. She became interested in psychology when she was in middle school, and continues to take new courses in high school which have intensified her love of the subject material. When Lauren is not intensely studying, she is taking part in one of many clubs. Lauren is a part of five clubs in the high school, including Literary Society and Mock Trial. It is here, she learns writing skills and becomes more confident in public speaking. In addition to clubs, Lauren has a position at the Pawling Record as an editorial intern. Throughout the year, she writes stories about her community to be published in the paper. She helps different parts of the school such as the dance team and Health and Wellness Committee promote events and community service opportunities. Lauren hopes to pursue a career in political science and aspires to continue doing research as an adult.

Even before she entered the Science Research Program, Lauren knew she wanted to study psychology and cognitive science. After reading many peer-reviewed journal articles, she realized she was very interested in sleep studies, as well as the causes of abnormal sleep. After investigating this topic area, Lauren decided to explore how technology use before sleep impacts memory in adolescents, something which there is very little research about to date. Therefore, she set out to test adolescents using similar adult testing methods in order to see how the use of technology with a screen interface impacts sleep and memory. Lauren conducted her methodology independently using Oura rings that she fundraised for which measure sleep quality factors and total sleep duration. She is currently developing the results of this data using ANOVA and ANCOVA statistical tests. She is also entering into conferences and competitions to present her research.