

Alphanumerical Outline Format Example

I. Introduction

- A. The opening section describes why social media habits influence student concentration.
 - 1. Research shows that frequent notifications interrupt sustained attention.
 - a. Several studies also link heavy device use to weaker retention.

II. Literature Review

- A. Prior research outlines patterns of distraction linked to digital platforms.
 - 1. Scholars identify multitasking as a major factor in reduced academic focus.
 - a. Additional findings explore how constant scrolling reshapes daily routines.

III. Method

- A. The study uses a quantitative survey distributed to university students.
 - 1. Participants answer questions about study habits, device use, and screen time.
 - a. All responses are collected anonymously to encourage honest reporting.

IV. Results

- A. Survey data reveals a strong connection between late-night scrolling and lower concentration levels the next day.
 - 1. Students who limit phone use during study sessions report improved productivity.
 - a. These patterns appear consistently across different academic majors.

V. Discussion

- A. The results suggest that structured device limits may benefit student performance.
 - 1. The findings also raise questions about the long-term impact of digital habits on learning.
 - a. Further subheadings may address interventions that help students manage screen time.

VI. Conclusion

- A. The paper argues that digital behavior plays a measurable role in study effectiveness.
 - 1. Future research may examine how habit-tracking tools support better focus.