Submitted weekly. Individual, itemized accounts of the research you completed during class for the week.

**Bad Examples:**

Today I researched a bit more on the effects of trauma so I could form a general research question that I can look deeper into. My question as of right now is "how does trauma affect the developmental growth of kids?", I'm not satisfied with the wording of my question nor is it really strong for my argument, but I'll fix it as I work to know what i'm really going to argue and analyze in my essay

[https://childmind.org/article/...](https://childmind.org/article/how-trauma-affects-kids-school/)

[https://www.jstor.org/stable/1...](https://www.jstor.org/stable/1449107?Search=yes&resultItemClick=true&searchText=personality+psychology&searchUri=%2Faction%2FdoBasicSearch%3FQuery%3Dpersonality%2Bpsychology%26acc%3Don%26wc%3Don%26fc%3Doff%26group%3Dnone&ab_segments=0%2Fbasic_search%2Fcontrol&refreqid=fastly-default%3Afd897cc8fbb53a657bbcdee2bd95c1ff&seq=1#metadata_info_tab_contents)
-Personality system concepts and their implications : Gives me some more information on the idea and development of personalities and traits but i'll probably need to look up the book of the author since i'd like to get more information of how he came to this theory

**Ok Examples:**

Research 12/8/20

Singh, Pritam. "The Political Economy of the Cycles of Violence and Non-Violence in the Sikh Struggle for Identity and Political Power: Implications for Indian Federalism." Third World Quarterly 28, no. 3 (2007): 555-70. Accessed December 4, 2020. <http://www.jstor.org/stable/20454946>.

For Rajiv Gandhi’s election, “the message conveyed to the voters was that the choice before them was: the Sikhs, the Anandpur Sahib Resolution and secessionism or the Hindus, the Constitution of India and the territorial integrity of the country”

I intend to use this to show the disunion between the Hindus and the Sikhs, one that defined the election which Gandhi won.

<https://www.vidhia.com/Historical%2C%20Political%2C%20Philosophical%20and%20Informational/The_Sikhs_of_Punjab.pdf>

Singh, Pritam. "AIR and Doordarshan Coverage of Punjab after Army Action." Economic and Political Weekly 19, no. 36 (1984): 1569-571. Accessed December 8, 2020. <http://www.jstor.org/stable/4373540>.

Have not read completely, covers the state-run media of Doordarshan and All-India Radio

Singh, Gurharpal. "Understanding the "Punjab Problem"." Asian Survey 27, no. 12 (1987): 1268-277. Accessed December 8, 2020. doi:10.2307/2644634.

<https://www.jstor.org/stable/2644634>

Another source I need to read

Research 12/1/2020

<https://youtu.be/deJPImkb0v0>

I watched this video which showed one of the refugee camps outside of Delhi during/shortly after the massacre. There were poor conditions. There was little medicine, some people were burned alive. Families were disconnected, many people went missing. One person had a tire put around their neck and set on fire. On person was drenched in petrol and then set on fire. There were over 15,000 people in a single camp. The government did not provide them with any food or materials.

[https://www.hrw.org/news/2009/11/02/india-prosecute-those-responsible-1984-massacre-sikhs#](https://www.hrw.org/news/2009/11/02/india-prosecute-those-responsible-1984-massacre-sikhs)

<https://ensaaf.org/wp-content/uploads/2018/07/letter_whsd_1984.pdf>

I read these but they do not have anything I can use

<https://sikhsiyasat.net/sikh-genocide-1984-eye-witness-identifys-sajjan-kumar-sit/>

“Meanwhile, Jaswinder Singh Jolly, leagal adviser to Delhi Sikh Gurdwara Management Committee (DSGMC) stated that, Harvinder Singh Kohi was provided with police security by SAD (Badal) government in Punjab but later on it was withdrawn by Amarinder Singh.”

Protection was revoked from a witness who identified Sajjan Kumar, one of the people leading the massacre, in an attempt at witness intimidation.

**Great Examples:**

Andersen, Lars Peter Holst et al. “The Safety of Melatonin in Humans.” *Clinical drug investigation* vol. 36,3 (2016): 169-75. doi:10.1007/s40261-015-0368-5

* describes the previous studies conducted on animals and humans to explain the reported side effects
* mentions mild side effects: dizziness, headache, nausea, sleepiness
* has table that shows the only known long term effects were researched in clinical trials on children
* mentions the regulation of melatonin in America in comparison to the prescribed medication in Europe
* Mentions studies on
	+ infants (clinical)
	+ children (clinical)
	+ adults (clinical)
	+ Elderly
	+ surgical patients
	+ critically ill patients
	+ Animals
* describes the past failures of previous studies

This document was the perfect addition to my background research as it discussed many of the studies conducted on melatonin, as well as explaining what melatonin is

Had 66 well-cited sources that range from 1967-2015

More Questions- if melatonin is not deadly, should I instead argue the legality/ principle of lying on dietary supplements?

22 September, 2020

Today I looked at some videos about the 1994 crime bill

Some quick notes on the bill:

* Banned 19 types of semiautomatic weapons
* Provided funding to hire 100,000 cops
* Enacted violence against women act (protected them from domestic violence)
* Provided 12 billion dollars for states to increase the number of prison beds (basically paying states to build more prisons and imprison more people)

I also researched the three strikes law:

* “When you commit a third violent crime, you will be put away, and put away for good: three strikes and you are out”-then president, Bill Clinton
* It began when an 18 year old girl was killed in California by career criminals. Her father gathered some people and thus the idea was born.
* The proposal didn’t get too far until a year later in California again, a 12 year old was kidnapped and found dead. The killer had just been in prison and the three strikes petition took off.
* The law passed in California and by 1994 it was in over half of state law as well as the federal government.
* Most states required all three laws to be violent but in California any crime at all could be counted towards the strikes
* A decade later and the data showed that almost 50% of three strike inmates were serving 25 years-life for nonviolent crimes
* The law stuffed prisons leading to its large prison population

While doing my research on the three strikes law I found a new source on JSTOR: "Three Strikes and You're out": More Harm than Good.

I also researched mandatory minimum sentencing:

* Mandatory minimums require judges to give specific sentences for certain crimes
* A lot of the mandatory minimums surrounding drug charges were created at the height of the drug war in the 80s
* In a crime bill from 1986 (anti-drug abuse of 1986) a 5 gram crack possession could get you a minimum of 5 years. The amount of powder cocaine you would’ve needed to possess to get that same sentencing was 100x more.

I got this information from some youtube videos:

<https://www.youtube.com/watch?v=0DcN6wNKxZA>

<https://www.youtube.com/watch?v=k_hTTiT0ATA>

<https://www.youtube.com/watch?v=ISFTFoGSRjE>

**These could be cited appropriately, otherwise a solid research update.**