Understanding the impact of the internet on college students requires a comprehensive review of literature spanning various disciplines such as psychology, sociology, education, and technology studies. Scholars also explore interventions aimed at bridging the digital divide and promoting equitable opportunities for all students to benefit from online learning resources and educational technologies. Scholars explore the effects of algorithmic bias, echo chambers, and filter bubbles on students' exposure to diverse perspectives and their ability to engage critically with information. By synthesizing findings from these various strands of literature, researchers can develop a nuanced understanding of how college students are affected by the internet and identify strategies to maximize its benefits while mitigating potential drawbacks. Studies investigate how multitasking between academic tasks and online distractions affects study habits, concentration, and overall efficiency. Ethical and Legal Considerations: As students navigate the online realm, they encounter ethical dilemmas related to copyright infringement, online privacy, cyberbullying, and digital citizenship. Research examines how students navigate the vast amount of online content, discern credible sources, and evaluate information reliability. Additionally, scholars explore the legal implications of internet use in academic settings, such as plagiarism detection, intellectual property rights, and academic integrity policies. Research also explores the effectiveness of digital productivity tools and time management strategies in helping .students balance academic responsibilities with online activities