



## Colorado Science and Engineering Fair

## 2024 Individual Project Abstract Form

**Please print 2 copies of the completed form. Sign both copies, keep 1 for your notebook and submit 1 copy to your Regional Fair Director with your other paperwork.**

Title of Project: What if the effect that stress has on education?

Finalist's Name: Victoria Santillana Reyes

School and City: GreenMountainHighSchool, lakewood

Sponsor's Name: Jennifer Florez

Category: Behavioral & Social Sciences (BEHA)

Division: Senior (9th - 12th grades)

Abstract (250 words or less):

As I started high school I noticed something really common in school: Stress.

The Overall purpose of my project was to make the school environment more applicable for students when feeling stressed, helping them gain better results in their performance. At the start of the project 16 students were asked to participate. First their blood pressure was taken, later they were asked to answer questions such as:

How frequently do you stress?

What sort of things stress you?

After the questions were answered the students were shown 8 vocab words having a 15 second timer to read and memorize them. After 15 seconds, the students had a 1 minute distraction. Then the students were given a minute to write as many words as they could remember. Afterwards the process repeated itself, starting with showing them some vocabulary to later distract them and give them time to write.

However in the second trial everything became more pressuring for the students having their blood pressure taken again, to later be compared with their starting measurements. Finally demonstrating how stress can have an effect on the students performance by affecting their accuracy along working as a distraction when trying to remember certain information.

*I hereby certify that the above statements are correct and the information provided in the Abstract is the result of one year's research. I also attest that the above properly reflects my own work.*

Finalist's Signature:

Date:

In addition, all students must complete the ISEF Student Checklist (1A), Research Plan, Approval Form (1B), and Checklist for Adult Sponsor (1), and any other ISEF forms required for this type of project. See the International Rules and Guidelines for form requirements. Return COPIES of all of these forms to your Regional Fair Director with you Finalist Verification/Permission Form. A signed copy of this form must be included in your notebook.