

Where Do I Start?

What do I want to discover?

How does stress affect students at NCSU?

How does it affect their overall grades?

How does it affect their time at NCSU?

How do I plan on discovering it? (This is called your research methods or methodology)

By surveying and observing subjects.

Who am I going to talk to/observe/survey? (These people are called your subjects or participants)

Students at NCSU.

How am I going to be able gain access to these groups or individuals?

By walking around campus.

What are my biases about this topic?

As a student, I think a little stress can help motivate students, but too much stress can affect them negatively.

How can I make sure my biases are not reflected in my research methods?

Be careful of how I survey my subjects, possibly double blind procedure.

What do I expect to discover?

The correlation between stress level and how well a student is doing at NCSU.

Introduction

Objectives

To discover how stress affects students at NCSU.

Methodology

Survey

Results

Do not have to be included, implications, hypothesis

My hypothesis: small amount of stress could help motivate students, but at large amount, it will start to have negative effects.

Discussion

Do not have to be included

Conclusion

Timeline

Bibliography

Research

Significance

Literature Review (State of Research)

Stress affects the body physically and mentally

Stress is completely bad vs. not all stress are bad

Stress relief such as yoga, meditation could help improve health

Informal stress relief could lead to drinking and smoking

Stress contributes to cognition

Stress affects the immune system?

Stress management vs. stress elimination