

## 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

My Research Question: What effects do academic and social stress have on first and second year students at NCSU?

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

Objective: To determine how academic and social stress affects first and second year students at NCSU and discover healthy ways to relief those stress.

## Methodology

Since my research question is about observing human behavior under a certain situations, I will need to gather data through both surveying and interviewing students at NCSU. While a survey can give me answers in large quantities, interviews will contribute qualitative answers to my research that surveys will not.

Potential Survey Questions:

1. Do you ever feel stressed at NCSU?
2. On a scale of 1 to 10, how stressed are you during exams or finals?
3. What year are you at NCSU?
4. Did you ever do badly on a test because you were under too much stress?
  - a. Did you think you can do better if had a way to release some of those stress?

Potential Interview Questions:

1. What contributes most to your stress in college?
  - a. Economic, social, academic?
2. Do you have any ways to manage stress? If so, how?
3. How do these stress affect you in terms of academic? Are you getting good grades under stress?
4. What are some things that you do at NCSU that helps you release stress?

Longman pg. 166 Exercise 1

Method	Pros	Cons
Interview	Yields detailed (qualitative) data. May reveal answers that survey/polls will not	Time consuming, can't perform many in a timely manner.
Survey/Polls	Yields large amount of data (quantitative)	Short, undetailed answers.
Questionnaire	Can gather information in a large area (across entire campus, even to students who live off campus)	Short, undetailed answers, unable to interact with the subject.
Ethnographic Study	Long, detailed, qualitative documentation	Study in small area, (very specific), may not observe what I intend, time consuming.

I think that survey and interviews are best suited for my research. Surveys will allow me to gather large amount of data in a timely manner for my results to be accurate. Additionally, interviews will also allow me to gather specific qualitative data that surveys may overlook.

## Results

## 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