



A little more sleep and a high self-esteem can go a long way

By Kenny Chan

GRIN Verlag GmbH Jan 2015, 2015. Taschenbuch. Book Condition: Neu. 210x148x1 mm. This item is printed on demand - Print on Demand Neuware - Seminar paper from the year 2011 in the subject Psychology - General, grade: A, University of Massachusetts - Amherst, language: English, abstract: This will be a description of how a study could be carried out that gains insight and examines how sleep and self-esteem can impact your academic performance. The participants for this study will be children 15 - 17 years old who will be taking the Math and English MCAS for the first time. The participants will then be divided up into two groups, one with a sense of low self-esteem and another with a sense of high self-esteem. The group with low self-esteem will be further divided into two groups, one with less sleep and the other with more sleep. The group with high self-esteem will also be divided into two groups, again one with less sleep and the other with more sleep. The exam will be issued as if it were a real exam. Parents and participants will be told that the purpose of the experiment is about finding out the reasons to...



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