Greetings!  
  
Thank you for your interest in participating in my research! There are still a few spots available, at the time of this email. To help determine if you are eligible and would like to sign up for the study, I want to provide you with some additional information about the current project. Please read the following summary thoroughly, and decide if you believe you will be able to complete this project.

**The Study**: In the current project, we are evaluating how stress impacts cognition throughout finals. To do so, we will have participants complete the same cognitive task three weeks in a row. Each week, the participants will come into the lab (at a scheduled time) and fill out two short forms about their current stress, then complete a cognitive task. These cognitive tasks will be completed on a computer, where participants will follow on screen instructions about responding to stimuli (for example, pressing one of two buttons in response to specific sounds, or holding a button to fill a bar to a certain line). These cognitive tasks typically take between 30 minutes and one hour to complete.

The day after completing the cognitive task, participants will take five saliva samples throughout the day (immediately after waking, 45 minutes after waking, 8 hours after waking, 12 hours after waking, and right before bed). Each saliva sample collection consists of swabbing one’s mouth with a stick similar to a q-tip cotton swab (provided by the researcher), then placing the swab back in its tube. Typically, each saliva sample takes less than a minute to collect. These samples can be refrigerated until the participant is ready to bring them back to the lab. When the samples are brought back, the participant will receive their gift card. When all data is collected, these de-identified saliva samples will be evaluated for cortisol, which is commonly called the “stress hormone,” and the five time points create a curve we can analyze to evaluate a participant’s stress response.

This process will be repeated once a week for three weeks:  
 Week 1: December 1st to December 7th  
 Week 2: December 8th to December 14th Week 3: December 15th to December 20thTo visualize this, if a participant signs up for a timeslot on Wednesday, December 4th, they will complete their cognitive task December 4th, then take the five saliva samples throughout Thursday, December 5th. They will come back on December 11th to complete the same cognitive task, then take their second set of saliva samples on December 12th. Finally, participants will complete the cognitive task again on December 18th, then take their last saliva samples on December 19th. To receive the $20 gift card, participants need to bring the saliva samples back to the lab. For the first two weeks, participants can either bring them back at a time they schedule, or when they come back for their next cognitive task (for example, bringing Week 1’s saliva sample back when they come in for the Week 2 cognitive task). For Week 3, participants will need to schedule a time to bring the saliva samples back to the lab (for example, if they complete their last saliva sample on December 19th, they could bring in their samples on December 20th).

Participants will receive one $20 gift card for each week of the study, with an additional $20 gift card given to all participants who complete all 3 weeks. Thus, a participant who completes the project will receive a $20 gift card when they bring back Week 1’s saliva samples, a $20 gift card when they bring back Week 2’s saliva samples, and $40 in gift cards when they bring back Week 3’s saliva samples.

**Enrollment Criteria**:  
-Participantmust be able to complete **all three weeks** of the study (which requires coming to campus the week after finals)  
-Participant must have at least one final exam or final paper due between December 8th and December 14th   
-Participant must be able to see/hear and respond to visual and auditory stimuli  
-Participant must be able to collect and return saliva samples

As our study is designed to evaluate how stress impacts cognition leading up to, during, and after finals, it is incredibly important that all participants are able to complete all three weeks of the study. If you will not be able to come to campus the week after finals, *please* do not enroll in this research.

If you have any questions, please do not hesitate to let me know. If you believe you meet these requirements, please respond with your availability for December 4th, December 5th, and December 6th, so we can get you scheduled for a time to come into the lab and complete the cognitive task. As the timeslots are filling up very quickly, please respond as soon as you can, if you decide to participate.

Thank you again, and I look forward to hearing from you soon!

Best regards,

Bryanna