Worksheets for ****

May 2015

Group ****

Project worksheet ****

Aalborg University

Sound & Music Computing

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AALBORG UNIVERSITY
STUDENT REPORT

Architecture Design & Media Technology

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http://smc.aau.dk

Title:

Worksheet for ****rd Semester M.Sc. Article

Abstract:

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Authors:

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Supervisor:

Mads Græsbøll Christensen

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Chapter 1

Example

1.1 Frontpage

Title Authors Course

1.2 Introduction

Start with a short introduction that describes the topic and aim of the report. This should not be longer than 200 words. Style and format Write the report in English and write max 8 pages (excluding references, title page and appendix). Use size 11 Times New Roman, 1.5 line spacing; non-justified body text; indent 1.5 cm each paragraph new paragraph. Ensure pages are numbered and name on each page. Each page should contain an average of between 350 and 400 words approximately. Do not use images/pictures in the body text but rather as an appendix with clear cross reference. Use any editor you like, Word, LaTeX or other. The important thing is that your report addresses and discusses the topic in a clear, structured way with a clear red thread, and that you cite any sources used in the proper fashion in line with APA style and format. It should be easy for the reader to see that you have included the information needed and fulfilled the course objectives (check the course description on Moodle).

1.3 Headings

Structure the report in a sensible way and use headings and subheadings named in a sensible way to guide the reader. The headings and subheadings can be numbered or of different size (as in

this document). Subheadings By using subheadings and headings it becomes easy to relate the information in different paragraphs and sections to each other

1.4 Theory

Report the theory relevant to your topic and the questions you are addressing. The selected course literatures are good starting points, but you should also search for, read and review articles, and other relevant information. The (majority of) theories, must be relevant to the course and study plan – this being a way to show your knowledge in the course and give the reader background information in order to understand your research.

If you have any questions regarding your report, please contact courses lecturer in reasonable time before hand in. The weekend of delivery is NOT reasonable.

1.5 Referencing style

Use the APA (American Psychology Association) referencing style for referencing as done in this document and described in guides by Paiz et al (2013) https://owl.english.purdue.edu/owl/resource/560/01/.

You need to cite ALL sources that you have been using. A reader must be able to tell whether any statement is your own or from some other source. If you copy paste from a text it should appear as a quote (in) and with the reference clearly stated. If in doubt, please check the book by Pears and Shields (2013) how to do this properly. The sources of any images you include from webpages etc also need to be properly cited and listed at the end. Plagiarism Using text or material from another source without properly citing the original author is considered plagiarism. We check your reports using Ephorus and any plagiarism will lead to a failed grade and will be reported. Report of plagiarism is a very serious thing indeed, leading to suspension from studies

(see http://www.plagiarism.aau.dk/).

Chapter 2

chap2

2.1 Own experiments

Describe the methods used and discuss the results in relation to theory. Methods Own methods should be described briefly, but in detail. Participants Procedure Results Present the results that came out of the experiment, perhaps using a graph or table. Refer to the table or graph in the text, describing what it shows. This section should be short and concise and take up maximum 1 page. Discussion

2.2 Summary and Conclusion

End with a short summary and conclusion in relation to the information you have chosen to present in your report.

2.3 Hand-in

Hand in your finished report as pdf in two places: The assignment on Moodle On https://www1.ephorus.com/students/handin_us (using a hand-in code provided by your teacher). Your reported must be uploaded by Nov 22 12.00 (noon).

Overall: Be aware of typical errors especially repeats in text; not being specific to differentiate content to fit a section (and only that section) e.g. one section contents included in another section beyond what is acceptable. Remember there is no such thing as good writing, only good re-writing.

References

Chapter 3

Physiological Reactions to Threats

3.1 Perception of Threats

Perceiving threats Evidence show that emotion affects behaviour either positively or negatively Emotions have possibly been created to identify threats and increase survival rates Preperation for situations affect our future reactions. The perception of a current situation is changed because of past corresponding situations, which we can relate the current to. Motor areas are affected by the emotional state. RT can be increased by threats away from you, and slowed by threats against you. Mutilation pictures induce a freeze like response. Freeze, and into flight, and if not possible to flee, fight. Threats against you will induce more physiological response than away from you. The physiological responses will change the perception, also of the threat and situations.

Automatic nervous system ANS influences the function of the internal organs. regulates body functions as heart rate, breathing, blood pressure, digestion and others. On of the primary systems is the sympathetic nervous system, or sometimes referred to as the fight/flight system.

Central command neurons ANS can be is directly related to stress, threats or other situations harmful to the individual. When a threat is perceived the amygdala reacts by processing emotions, memory and decision-making. It sends information to the hypatalamus which creates ACTH, creating cortisol (stress) and adrenaline giving body response, muscle tensions, blood sugar, pressure, immune system changes. Anxiety or aggression, dependant on the individuals reaction to the stress in the body, which depends on the situation. Amygdalas reaction to what signals are send in different situations can help depression and anxiety reactions.

Anxiety and aggression The physiological changes in the body can induce anxiety and aggression, this depends on the amygdala, as the information send is dependant on how the amygdala has been previous stimulated. If in a current state of constant stress, the amygdala might become overstimulated, sending strongly biased information about the perception of the current situation easily creating anxiety.

3.2 Cognitive Respond to Threats

Evaluating the physiological changes (evaluating anxiety and aggression) After the physiological changes in the body because of the perception of a situations, a reactions is created corresponding to fight/flight, and as further research has shown, freeze, fright, faint and tend/befriend. Even though we are not often in survival threatening situations, which is where the fight/flight reaction comes from, we are still reaction according to this in stressed situations, as someone attacking us, but also when we are taking a test we didn't prepare for, or another individual didn't make his part of a presentation you were working on together.

Cognition depends on the your perception and recognition of the situation, fire alarm example The fight/flight is though also dependant on how we recognize the situation from a similar past event, as described in section 3.1. For instance, if we hear a fire alarm, our first response is a threat to our survival, as we are near a fire. This information is automatic, but we still evaluate dependant on the current situation. The alarm could be have been started by a steam from a shower or because you were cooking, creating non harmful smoke and we would evaluate the situation as non-threatening becoming less stressed or anxious.

Could be dependant on the situation as the exam/presentation examples. It could also depend on how the situation played out last time it happened. For instance if we are late for a class and we see everybody getting ready for a test you did not know you had, you would get anxious because you forgot to study, but if you know the teacher regularly give out random tests, or you are well known to be smart within the subject, you might not get that anxious, remembering the past event. An example of aggression can be easily described as, if you are working in a pair group with a presentation, and the other person in the group did not do his part, you might be more biased towards aggression, as you believe it is not your fault, but if you forgot to tell him to do it, as he was sick the day the exercise was given, you might become anxious instead.

Reaction according to fight/flight The two main reactions we get from the physiological body

reactions, is the anxious and aggressive states. These have been described of reactions of fight or flight, which in short is the anxious act of fleeing the scene, or the aggressive act of trying to solve the problem through anger. In newer research other reactions have started to show, the freeze (immobility or being passive), the fright (being afraid of the situation), faint (the bodily reaction of becoming unconscious), or the tend/befriend (trying to give social support before solving the situation). These will all be further described in the following sections, with relation to how they would surface through stress induced gaming.