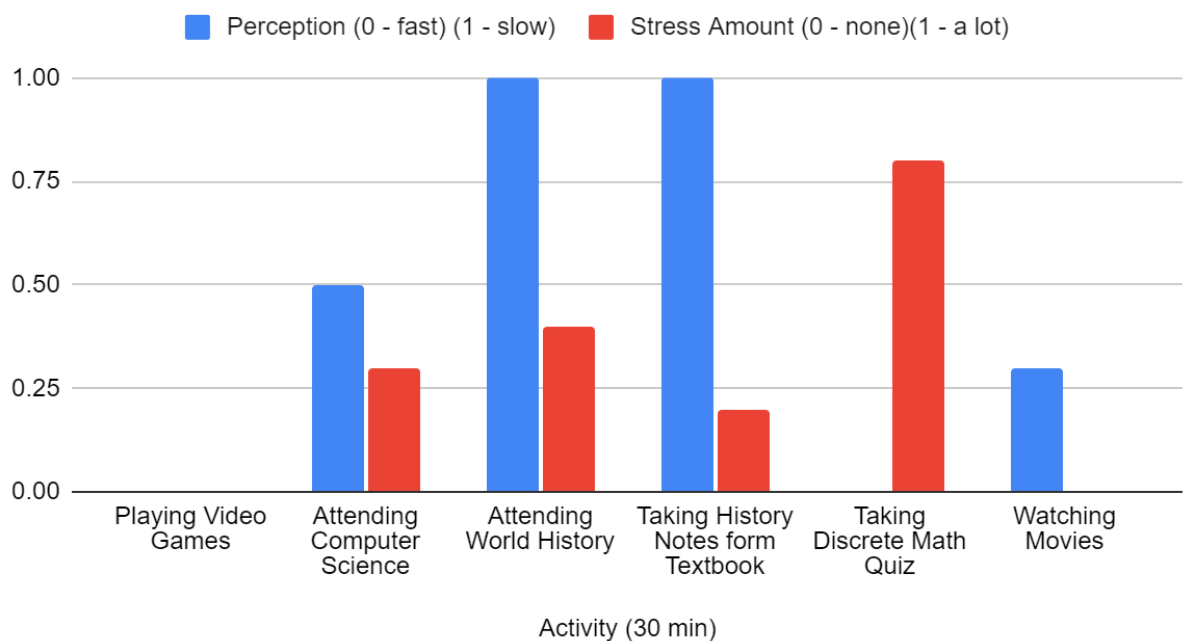Self study of stress:
Try different activities and reflect on your perception of time during each activity

Summary:

   I chose these activities because it was the easiest and plausible experiment. Since I am already doing many activities like attending zoom classes, studying, doing homework, playing video games, and on social media, measuring my perception of time is easy. The type of data I am collecting is qualitative. I determine if the 30 minutes of some activity felt short, quick, or reasonable. I will start a timer before each activity and proceed with the activity and reflect on my perception of time after the timer ends. I will also mark down the level of stress I felt during the activity to find correlation between perception of time and stress.

Perception of Time vs Activity

Legend: ■ Perception (0 - fast) (1 - slow)   ■ Stress Amount (0 - none)(1 - a lot)

Activity (30 min)	Perception (0 - fast) (1 - slow)	Stress Amount (0 - none)(1 - a lot)
Playing Video Games		
Attending Computer Science	0.50	0.30
Attending World History	1.00	0.40
Taking History Notes form Textbook	1.00	0.20
Taking Discrete Math Quiz		0.80
Watching Movies	0.30	

*Stress is defined as the level of worry, anxiety

   Attending classes and taking notes are, as usual, not my funnest part of the day. My stress level was reasonable, right under 0.5. The perception of time felt longer than what it really was. At first I thought higher levels of stress will result in longer perception of time, but that changed when I took my math quiz. Discrete mathematics is difficult and having a quiz of the difficult material is stressful. My perception of that 30 minutes felt very quick. Playing video games and watching movies had very little stress and resulted in shorter perception of time, maybe because I was having fun. I concluded that having very little stress or having very high stress levels can result in shorter perception of time, while having a reasonable amount of stress can result in longer perception of time.