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|  |  |  | **Experiment** |  |

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| |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | **AP Biology: Stress**   |  | | --- | | [**Home**](http://docs.google.com/index.html) | | [**Introduction**](http://docs.google.com/introduction.html) | | **Hypo/Pred** | | [**Experiment**](http://docs.google.com/experiment.html) | | [**Data**](http://docs.google.com/data.html) | | [**Conclusion**](http://docs.google.com/conclusion.html) | | [**Recommendations**](http://docs.google.com/recommendations.html) | | [**Bibliography**](http://docs.google.com/bibliography.html) | | [**Links/Other**](http://docs.google.com/linksother.html) | |   **Links**  • [PUSD Home](http://www.pleasanton.k12.ca.us/)  • [Project Creekwatch](http://www.pleasanton.k12.ca.us/avh_science/creek/creek.html)  • [AVHS Home](http://www.pleasanton.k12.ca.us/amador/index.htm)  **Procedure**  After I was given the assignment of carrying out a survey, I needed to come to a decision of what I wanted to find out in my particular survey. I decided that I wanted to find out if students at Amador Valley High School were stressed out. Then I decided to make a survey of twenty-five questions that would show signs of stress. Then I determined that I wanted to perform my survey on high school students. I narrowed my sample size to all the students in Mr. Meier's math classes. Then I made 150 copies of the survey and had Mr. Meier distribute all the surveys to his students. Then I collected the data and tabulated the results and come to a final conclusion. |  | |  | | --- | | Experiment |  |  |  |  | | --- | --- | --- | | **Stress Survey** | | | | **Questions** | **Yes** | **No** | | What time do you usually go to bed? | 1 2 3 4 5 6 7 8 9 10 11 12 : 00 15 30 45 AM PM | | | Do you have trouble falling asleep? |  |  | | Do you wake up earlier than you want to or find it hard to wake up in the morning? |  |  | | Do you constantly feel tired even though you have not done any physical activity? |  |  | | Do you feel restless most of the time and can't think of a specific cause? |  |  | | Are you constantly bored, depressed, or lack interest in most things? |  |  | | Do you usually have tense muscles, tight neck, or shoulders? |  |  | | Do you have a lot of headaches, backaches, or stomach problems? |  |  | | Do you frequently feel nauseated? |  |  | | Do you find yourself eating irregularly? (Eating too much or too little?) |  |  | | Do you have no appetite at mealtimes? |  |  | | Are you bothered by unfounded fears, enclosed places, heights, etc.? |  |  | | Do you sweat for no obvious reason? |  |  | | Do you have difficulty sitting still without fidgeting? |  |  | | Do you bite your nails? |  |  | | Do you feel you have too many responsibilities in your life? |  |  | | Do you have a negative attitude? |  |  | | Do you get angry over little things? |  |  | | Do you deal with problems well? |  |  | | Do you think people expect too much from you? |  |  | | Do you count the minutes until you can go home from school? |  |  | | Do you miss school more than once a month? |  |  | | Is your workload at school too much to handle? |  |  | | Do you try to juggle too many things and have trouble getting everything done? |  |  | | Do you think you are stressed out? |  |  | |
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