

1: Study overview and Hypothesis

For this study I want to look at the impact of meditation for college students and how it impacts their focus and performance in school.

Hypothesis: Students who practice meditation will show better concentration during class and work, and thus will do have a better performance in school.

2: Participants

The sample for this study will be college students, split equally into the experimental group(those practicing meditation) and a control group(those not practicing meditation).

3: Independent and dependent variables

Independent variable: Practicing meditation vs not

Dependent variable: Academic success and reports on focus from students.

4: Control condition and experimental condition

Experimental condition: Students will practice meditation every day.

Control condition: Students will go about their studies normally, not practicing meditation

IV: Manipulated by randomly assigning participants to either group.

5: Evaluation

In order to evaluate the outcome of the study, all participants will submit weekly self reports on how their focus is, and submit their grades to evaluate academic success. Both groups, control and experimental, submit these things weekly to be analysed for differences in the groups.

6: Significance

This study is important because many college students feel a lot of stress and the inability to focus on their school work and lectures. Meditation has been shown to have a lot of benefits in these areas, yet it is not practiced by many especially during college.