

# Stressing? Or Chilling?

Directions: Follow along with the slides and answer the questions in **BOLDED** font in your journal.

## A change in the winds

- You have come quite a long ways in your data science studies!
- Now, we can begin to practice *applying* what we have learned to new data sets.
- We will start by exploring and familiarizing ourselves with data about you and your classmates' *Stress/Chill* levels.

## What causes us stress?

- Under what circumstances do you feel the most stressed out?
- When do you feel the most relaxed?
- Do you think the people you're with or where you are affects your stress level?
- In this lab, we will investigate under what conditions we feel more stressed, or more chilled.
- Download, upload, and load your *Stress/Chill* data and name it: **stress**.

## Getting familiar with our data

- View your **stress** data and write down which variables are *numeric* and which are *categorical*.
- Does a negative value for **stresschill** mean the person is stressing or chilling?

## Who do we stress/chill the most with?

- Create plots or compute numerical summaries to answer the following questions. Write down both your answers to the question and the code you used to answer it.
  - Which group of people are we with when we're feeling the most *chilled*?
  - Which group of people are we with when we're feeling the most *stressed*?
- In your opinion, do you think there is a reason why we might feel more or less stressed when we're around different people? Why do you think that is?

## What role does our environment play?

- Do you predict that being *indoors*, as opposed to *outdoors*, will change our **stresschill** levels?
  - Are people who are indoors more or less stressed than those who are outdoors?
  - Create barplots of people's **stresschill** levels when they are *indoors* and *outdoors*. Are their stress levels different? Justify your answer.

## Do people stress us out?

- Do you think being around more people makes us feel more stressed out? Why?
  - Come up with a plot to answer this question and write down the code you used.
  - Are you able to find an answer? Or is the answer ambiguous?
  - Does your answer change depending on if people are *indoors* or *outdoors*?

## Coming up next...

- Do you think people are just naturally more stressed out? Could you answer this question using just the variables in our `stress` data?
- In the next lab, we will learn how to combine multiple data sets.
  - This will let us combine our information about `stress` levels with information about people's personalities!
- Stay tuned, more to come!