**Statistical Analyses**

**Linear Regression**

Linear regression models the relationship between an independent and dependent variable in predictive analyses. The analyses included in our results map the regression of achievement on stress, exploration on achievement, and exploration on stress. These models are used to establish relationships between our independent (stress), dependent (achievement), and mediating (exploration) variables.

**Mediation Analysis**

A mediation analysis seeks to explain an observed relationship between an independent and dependent variable through inclusion of a third, hypothetical variable (the mediator).

**Results**