

CAS Project	Ally, Jeremy, Eujune, Peter
What negative behaviour are we going to change?	<ul style="list-style-type: none"> <li>- Lateness               <ul style="list-style-type: none"> <li>- Being late for lessons</li> <li>-</li> </ul> </li> <li>- Addiction               <ul style="list-style-type: none"> <li>- Reliance on technology</li> <li>- Unhealthy use of technology</li> </ul> </li> <li>- <b>Noise in the library (impossible?)</b></li> <li>- <b>Use of swearing words (in public places)</b></li> <li>- <b>Not speaking English in front of non-Korean students/staffs</b></li> <li>- Litter</li> <li>- Excessive competition</li> <li>- Unhealthy sleep culture               <ul style="list-style-type: none"> <li>-</li> </ul> </li> <li>- Not meeting deadline</li> </ul> <p>→ NOISY LIBRARY</p>
How are we going to do this?	<ul style="list-style-type: none"> <li>- Maybe the first thing we should do is to make the students aware that a library is a quiet place, not a place for talking. (Make talking zones?)</li> <li>- Set the atmosphere of the library as quiet and calm as possible</li> <li>- <b>Maybe a sound metre (소음측정기)</b></li> </ul> <ol style="list-style-type: none"> <li>1. Identify the problem by survey (via email)</li> <li>2. Choose the psychological theory</li> <li>3. What action will we take</li> </ol>
What approach(theory) in psychology are we going to employ?	<ul style="list-style-type: none"> <li>- Nudge theory               <ul style="list-style-type: none"> <li>- Guilt people?</li> </ul> </li> <li>- Behavioural modification</li> <li>- Use of selective facts</li> <li>- Use of rewards and punishments</li> <li>- Conditioning</li> <li>- Reinforcement               <ul style="list-style-type: none"> <li>- Vicarious reinforcement (confederates)</li> </ul> </li> <li>- Theory of Planned behaviour</li> <li>- Trans-theoretical model</li> <li>- Information, motivation, behavioural skills odel.</li> </ul>
Ethical consideration	<ul style="list-style-type: none"> <li>- SCT - deception?</li> </ul>
How are we going to measure success?	<ul style="list-style-type: none"> <li>- Use different approaches in each month</li> <li>- After a few months (after trying out all those methods), evaluate each method               <ul style="list-style-type: none"> <li>- Survey</li> <li>- Decibel change before and after the campaign</li> </ul> </li> </ul>

Sample?

- 1 person 1 house : 2 year groups per house

Ally: Geomun

Haeun: Noro

Jeremy: Mulchat

Eujune: Sarah

Peter: Jeoji

Dear the Head of Houses,

Good morning, I am writing on behalf of the "Extending Psychology" CCA group that wants to make positive changes to our school library as a CAS project.

We have identified (as year 12s) that the library is often too loud to focus and used inappropriately. Our ultimate goal is to make the library a better and a more adequate place (and hopefully more quiet) for all students to use and we hope to achieve this by incorporating different strategies based on psychological theories such as the nudge effect.

We first thought that we needed to identify what the school population felt about the library so we created a short google form for students to fill out.

Is it possible for you to pass on the message to all the tutors of different year groups in your house for the students to fill out during tutor time? We understand that the year 11 students are busy taking their IGCSE exams so just providing them with the link and leaving it voluntary would be best.

We are going to announce our project during next week's Tuesday Assembly so the filling out of the form can hopefully be done on Wednesday.

Here's the link to the google form: <https://forms.gle/iu1sj1mSgnaEFki89>

We welcome any and all comments that you might have about this. Thank you very much.

Theory Applied	Week	Application Method	Effect (How successful?) - Noise measured - Overall atmosphere
Nudge Theory	1st Week	<ul style="list-style-type: none"> <li>- TV screens</li> <li>- Project the sound metre on the TV screen</li> <li>- Shows how noisy they are</li> </ul>	
	2nd Week		
	3rd Week	<ul style="list-style-type: none"> <li>- Stick post its on the table that says:</li> </ul>	
	4th Week		
	5th Week	<ul style="list-style-type: none"> <li>- Tutor time reminders (weekly reminder)</li> </ul>	
	6th Week		
	7th Week		
	8th Week		
	9th Week		
	10th Week		

\*Fundraising for Quiet Library Project