

# CWSF 2010 - Peterborough, Ontario



## Zachary Rintoul

### Does Nagging Help?

**Division:** International

**Category:** Intermediate

**Region:** Central Okanagan

**City:** Peachland, BC

**School:** Glenrosa Middle School

**Abstract:** Will repeating something more than once help the listener remember better over time? Thirty-five participants were asked to recall words immediately, and after a 5-minute activity, from a list of 15 words which were read once and then twice on a second occasion. A statistical difference was found in the number of words remembered after 5 minutes when the words were read twice versus once.

### Biography

Who am I? I have an ear for music, a talent for acting, a love for reading and an imagination for writing. My first introduction to music was through piano lessons when I was 9 years old. At the age of 12, I started violin lessons. Through both these instruments I am able to express my enthusiasm for classical music. I've also played an alto sax in the School Jazz Band for the last 3 years. I've participated in 4 musicals at the Kelowna Actor's Studio that were great fun and a wonderful way to socialize with my peers! Every spare moment I have I pick up a book to read. My imagination for writing has helped me to write speeches for the Annual Rotary Speech Competition in which I placed 3rd & 4th in grade 7 & 8 respectively. My interest in science began at the age of 4 when I became extremely interested in volcanoes. My interest in science intensified in grade 3 when I had an incredible enthusiastic teacher, Mrs. Marshall, who brought science into every subject in our classroom. I love nature and in my mind science and nature go hand in hand! Science Rules!

### Awards

### Value

The University of Western Ontario Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: University of Western Ontario	\$1 000
Bronze Medal - Health Sciences - Intermediate Sponsor: Canadian Institutes of Health Research	\$300
Total	\$1 300