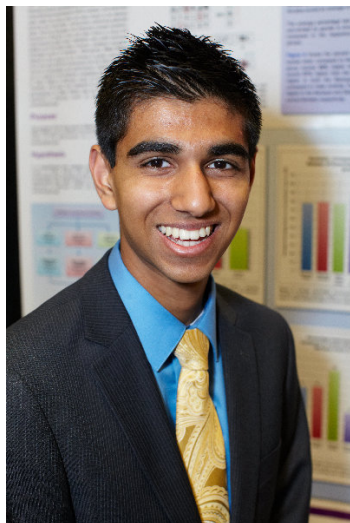


# CWSF 2012 - Charlottetown, Prince Edward Island



## Arjuna Yusuf

### The Effect of Baroque Music and Silent Sitting on Concentration

**Challenge:** Health

**Category:** Intermediate

**Region:** Bay Area

**City:** Ancaster, ON

**School:** Ancaster H.S.

**Abstract:** This project studied how five minutes of pre-exposure to Baroque music or Silent Sitting affects performance on a concentration test. The Baroque and Silent Sitting groups performed 65% and 67% better than the control group respectively. These results suggest that pre-exposure to either Baroque music or Silent Sitting can significantly improve scores and may induce an alpha brainwave state for improved learning and concentration.

#### Biography

My name is Arjuna Yusuf. I am a grade ten student at Ancaster High School in Ancaster, Ontario. Knowledge, exploration and curiosity have always been important and have shaped my character. This inquisitiveness has led me to the fascinating world of scientific research and discovery. My interest in human biology and human brain function was the inspirational spark for my current project. I am thankful and excited at the opportunity to present my research results. In other aspects of my life, being involved in my community has taught me the importance of responsibility, teamwork and leadership. In the past, I have enjoyed my role as student council president and was grateful to receive the Ontario Principal's Council Award for leadership. This year, I was excited to participate in the OFSAA cross-country championships and I continue to play competitive hockey and soccer throughout the year. However, most important to me is the work I do with assisting homeless persons in our community. I regularly organize food preparation and distribution to the less fortunate in Toronto area shelters. In future, I hope to continue this work and pursue a career in clinical research to contribute to the overall wellbeing of our society

#### Awards

#### Value

Excellence Award - Intermediate - Bronze Medal Sponsor: Nuclear Waste Management Organization	\$300
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
<b>Total</b>	<b>\$1 300</b>