

## CWSF 2013 - Lethbridge, Alberta



### Natasha Prokopchuk

#### Mind Your Caffeine

**Challenge:** Health

**Category:** Intermediate

**Region:** Northern Saskatchewan

**City:** La Ronge, SK

**School:** Churchill Composite H.S.

**Abstract:** This experiment was conducted to test the reliability of the placebo effect. Throughout three days, participants performed exercises before and after receiving a substance they were told would increase their performance. A placebo was given twice, only once to the participants' knowledge. The data was then analysed to see if the participants' expectations had affected their performance.

#### Biography

My name is Natasha Ann Prokopchuk, and I am fifteen years old. I love singing, writing, reading, spending time with my family and friends, and trying to learn American Sign Language. Although I'm not exactly sure what career I'm going to choose, I plan to study education. My dream- and goal- is to one day publish a novel. Science, as one can probably tell, has never been a favorite subject of mine, and I have often struggled with it in school. However, I have learned much from this project, and I've benefited from it a lot. I've learned that, when doing an experiment according to a set timeline, one must be 100% prepared. This is my advice for anyone wanting to do a project: Sit down a good deal of time before starting and write out exactly what you will need, not leaving out any detail, because every missed detail leads to variables. This is the reason I am not planning to further investigate this topic; there are too many uncontrollable variables. I was inspired to do this project by my classmates and my teacher, who were curious about the dependence and addiction to coffee that many people experience.

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