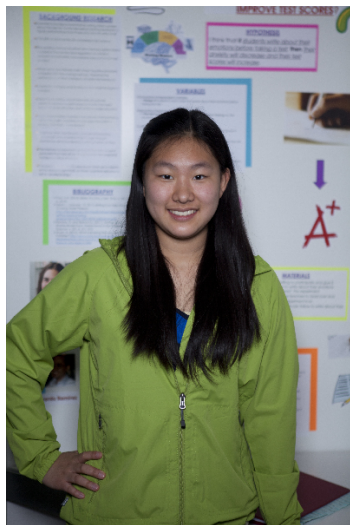


# CWSF 2013 - Lethbridge, Alberta



## Ji Hun Kuk

### Write To An A+

**Challenge:** Innovation

**Category:** Intermediate

**Region:** Lethbridge

**City:** Nobleford , AB

**School:** Noble Central School

**Abstract:** My project is on how expressive writing can help reduce test anxiety and improve a student's performance on exams. I had teachers split each class into two equal groups (with a balanced higher/lower achievers). Group A wrote about their emotions while Group B silently read. From testing the Grade 8 and 9 class, I found out that expressive writing does help students cope with anxiety.

### Biography

Write to an A+ is an experiment on whether or not expressive writing will reduce stress and improve your test scores. I got my idea from my science teacher who showed me an article published on Time Magazine about test stress and what helps students cope with stress. I found out that expressive writing is a great way to express your emotions and to let out all the worries/anxiety that an individual has, so writing about your emotions does not only help you cope with test stress, but also just stress that an individual receives in general. If another students were to do this experiment, I would definitely tell them to find a bigger sample size (of students to experiment on).

### Awards

### Value

Excellence Award - Intermediate - Bronze Medal Sponsor: Youth Science Canada	\$100
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
Total	\$1 100