

# CWSF 2016 - Montreal, Quebec



## Marika Schenkels

### Balanced Learning: Yoga for Academic Performance

**Challenge:** Discovery

**Category:** Intermediate

**Region:** Chignecto West

**City:** Stewiacke, NS

**School:** South Colchester Academy

**Abstract:** The project, Balanced Learning: Yoga for Academic Performance is a matched pair experiment designed to examine the effects of pretest yoga on Grade 2 mathematics and reading comprehension test performance. The results were analysed using a paired t-Test to determine a statistically significant improvement in reading comprehension.

#### Biography

My name is Marika Schenkels, and I live in rural Nova Scotia. I play volleyball year round, am the vice president of our local 4H club, run our local Because I am A Girl club as well as sit on boards regarding gender equity based out of Toronto and Health and Wellness in my province. I also lead students in my school's morning broadcast program and Me to We initiatives. I have my Bronze cross qualifications, am a Skills Nova Scotia bronze medallist, and I won the provincial public speaking contest for our 4H club, among others. I hope to be a doctor or lawyer and work for the UN. My project was inspired by literature written by Mukund V. Bhole who noted intellectual and somatic changes in people that practice yoga. As such a person, I was intrigued and decided to scientifically test the link between yoga and this intellectual change, specifically in test scores. Perhaps when I am a famous scientist I will recreate my project with the needed sample size of 300, which is not possible for me to do right now. I would recommend to do a project on something that you are passionate for!

#### Awards

#### Value

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