

CWSF 2006 - Saguenay, Québec



Derek Clouthier

How To Maximize Your Concentration & Brain performance.

Division: Life Sciences

Category: Senior

Region: Renfrew County

City: Arnprior, ON

School: Arnprior District H.S.

Abstract: This Health Study deals with maximizing a students' ability to concentrate and perform mentally. It recognizes three major aspects: Nutrition, Exercise, and Sleep. It also examines how different age groups perform within the four major learning styles: Number Sense, Reading and Writing Skills, Auditory Skills, and Visual Skills. General aspects of the hypothesis were proven correct and defended by currently accepted processes and/or data.

| Awards | Value |
|--|-------|
| Petro-Canada Peer Innovation Award - Senior - Ontario North & East | \$200 |
| Sponsor: Petro-Canada | |
| Total | \$200 |