

CWSF 2017 - Regina, Saskatchewan



Maggie Aqqaq

Anxiety

Challenge: Health

Category: Intermediate

Region: Kitikmeot

City: Taloyoak, NU

School: Netsilik School

Abstract: My research project about anxiety tells you about what anxiety is, what type of anxiety disorders there are, the causes, symptoms, prescribed medications and their side effects, if anxiety can be prevented or not, complications, risk factors and when should you see a doctor about your anxiety if you think that it is now controlling your life.

Biography

My name is Maggie Aqqaq, I'm from Taloyoak Nunavut, I'm 16 years of age and currently in grade 9. I attend Netsilik School, and I am part of the student council. I'm also in an after school cooking club and attended the Nunavut Skills Competition of 2017 in the subject of cooking and won second place. My hobbies and interests include being around friends and family members, going out hunting/camping/fishing, going out on the land, cooking and baking and travelling. After high school I'd like to study to become a lawyer, RCMP officer or a mental health worker. I won third place for our local science fair, and first in the regional science fair with the topic of anxiety. The reason why I choose anxiety as my research project is because I experience anxiety myself and wanted to know more about it. With my project I would also want to try expand the idea of mental health across the north because it is a huge thing that no one pays attention to and no one really does anything about it.

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