



CWSF 2017 - Regina, Saskatchewan



Anna-Lisa Nguyen, Jen Tran

Exploring the Reality of Self-Perception on Physical Appearances

Challenge: Health Category: Senior

Region: Fraser Valley **City:** Langley, BC

School: Walnut Grove Secondary, Mountain Secondary

Abstract: Distortion was found to be evident while investigating one's self-perception

of attractiveness. The procedure involved asking participants to examine their appearances under several conditions; a mirror, a regular photograph and its inversion that simulates the mirror image. Our results show that perception of one's appearance can easily be distorted by the amount of exposure to real images, a coinciding of both psychology and physics

concepts

Biographies

Anna-Lisa - Anna-Lisa Nguyen is a grade 11 student at Walnut Grove Secondary School. In the little time she has to spare, she enjoys weightlifting, being involved in non-profit initiatives and research. In the future, she hopes to compete in fitness competitions once eligible to denounce gender stereotypes. At the moment, she plans to start a non-profit focused on local homelessness, helps run a club for a school in India and volunteers at her local hospital. Evidently, she is a strong advocate for improving the world and challenging the status quo. With her passion in service and people, she plans to study health sciences and look at entering

Jen - The idea of talking about myself in under 200 words is intimidating as, what is it that constitutes my entire being? Is it what I do? My achievements? Or is it who I strive to be and idealistically aspire to be? If I state that I enjoy school, cooking and playing badminton does that necessarily mean that's all I am? More importantly of the aspects in my life why have I chosen those specifically? We live in a world filled with dilemmas and unfulfilled questions, yet we seek answers from other instead of ourselves. More importantly whose opinion weighs more in a world filled with perpetual power and hunger filled hate? In this case (of a pers...





