

## 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 medical sc...

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...

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