

Alea Hardesty  
*Pep Up Your Brain*

People today strive to be the best at everything in their day to day lives, be it at school or work, which is stressful. Stress causes a slow cognitive thought process, which we experience when the brain tries to correspond with actions. Through the course of this project I tested and motivated people who are slow at everyday activities. Armed with the results documented below, I showed eating a peppermint can improve your thought process. By this, through my approach, I took a random selection of middle school students and tested their abilities. To monitor their results a popular website called 'Lumosity' was used. Four grades were tested. 5th and 6th grade were grouped together, and 7th and 8th grade were matched up. Each group tested for 4 days, 2 days with mint and 2 days without. Speed, memory, attention, and problem solving were the four games. Data proved that mint improved a person's mental ability! Subjects who didn't eat a mint tested lower, versus those that did. On average a 5/6 grader without mint had a speed of 1,858.74 milliseconds to solve games versus 1,421.11 milliseconds who didn't. As you can see the time was decreased. These results are an example of one area and game tested. The results for both trials were very close, which meant the data was accurate. The area I worked in was contributed to by my project and the objectives I set in the beginning of the project were met. "Grab a mint and get thinking!"