



**CALIFORNIA STATE SCIENCE FAIR  
2013 PROJECT SUMMARY**

<b>Name(s)</b> <b>Esther Y. Choi</b>	<b>Project Number</b> <b>J0799</b>
<b>Project Title</b> <b>Does a Positive Mindset Affect One's Mental Speed or Accuracy Better Than a Negative Mindset?</b>	
<p style="text-align: center;"><b>Abstract</b></p> <p><b>Objectives/Goals</b> With the creation of this project, I worked to find how the differences between a positive mindset and a negative mindset, using the variable of speed and accuracy. I wanted to explore a topic that not only affected me, but also could help or contribute to people and society.</p> <p><b>Methods/Materials</b> To complete this experiment, I enlisted the help of five subjects for each of the three groups, with prior permission. I also used a series of math tests, which were used to measure the accuracy of the subject, a stopwatch for timing each subject, a room where the subjects could be isolated, and a few pencils to complete the tests. I tested three groups, a positive mindset group, a negative mindset group, and a control group. Each subject from each group completed a math test, under corresponding environments, whether it be a soothing or hostile surroundings. Each subject was timed and answers were reviewed to form results.</p> <p><b>Results</b> In conclusion, I found that the positive mindset group had both a faster time and a greater amount of correct answers, individually and in average, when compared to the negative mindset group and the control group.</p> <p><b>Conclusions/Discussion</b> In the end, I found the results to agree with my hypothesis that a positive mindset does in fact help one not only complete mental work faster, but also in a more accurate sense. If I were to complete this experiment again, I would try to again to control each human variable better, as each person is different, and use a larger sample size for more accurate results.</p>	
<b>Summary Statement</b> With the purpose to create a question that contributed to others, I tested how a positive mindset and a negative mindset can affect one's mental speed and accuracy.	
<b>Help Received</b>	