



California Science Center  
**CALIFORNIA STATE SCIENCE FAIR**  
**2001 PROJECT SUMMARY**

<b>Your Name</b> (List all student names if multiple authors.) <b>Alexandra M. Van Iden</b>	<b>Science Fair Use Only</b>  <h1 style="margin: 0;">J0231</h1>
<b>Project Title</b> (Limit: 120 characters. Those beyond 120 will be ignored. See pg. 9) <b>It's Laughter I'm After!</b>	<b>Division</b> <u>X</u> Junior (6-8) _ Senior (9-12)
<b>Preferred Category</b> (See page 5 for descriptions.) <b>2 - Behavioral Sciences</b>	
<b>Abstract</b> (Include Objective, Methods, Results, Conclusion. See samples on page 14.) Use no attachments. Only text inside these boxes will be used for category assignment or given to your judges.	
<p><b>Objective:</b> My objective was to determine if laughter can be proven to be beneficial in a learning environment. The latest research shows it can increase awareness, release tension, commit facts to deeper memory, and enhance the outcome of group activities. With this in mind, I hope to prove that laughter can be an important tool to improve learning.</p> <p><b>Materials &amp; Method:</b> Twenty-four students were tested in various learning skills, with and without the use of laughter. My project is divided into sections according to the following skills: memory (visual &amp; audio), concentration, team participation, and comprehension. Averages were determined and compared.</p> <p><b>Results:</b> Visual memory increased in almost every case, with the greatest improvement for lower scoring students. Audible memory increased 15% with humor. Concentration testing shows a slight improvement, but again the most significant results are for lower achievers. The group activity changed dramatically with the use of laughter. Substantial differences in communication, leadership and overall group coordination were noted.</p> <p><b>Conclusion:</b> My hypothesis was proven correct, laughter is an important learning tool with the greatest benefit to lower achievers. Laughter provides the extra stimulus that these students need. Educators need to be made aware of the potential of laughter for improving the coordination of a group of students and about the many ways that laughter can be beneficial. Laughter adds to your happiness, your health, and as I have now proven, your learning ability.</p>	
<b>Summary Statement</b> (In one sentence, state what your project is about.) This project attempts to prove that laughter can be proven to be beneficial in a learning environment.	
<b>Help Received in Doing Project</b> (e.g. Mother helped type report; Neighbor helped wire board; Used lab equipment at university X under the supervision of Dr. Y; Participant in NSF Young Scholars Program) See Display Regulation #8 on page 4. Grandfather used electric saw to cut presentation boards.	