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Project Summary

My project is a research proposal to look into the psychological and academic effects of online classes on students. I chose this as my project because I plan on being a therapist after college and I wanted to show the effects that online classes have on mental health in college students. In this proposal I show the statistics of other studies of what online classes do to the mental health of online students and the academic success of these students. My research found that there aren't many studies on the negative effects of online learning and how it affects the brain. Regardless of that, I was able to find some sources that proved my point that both we need more research on this kind of stuff and that online classes are more of a detriment to most people than actually helping them.

Work Report

I started with the question of how these classes are detrimental to students, assuming that I would find more information. I chose this question because as someone who does well in online classes I wanted to see if there was a reason why and if it's more of a detriment to students than a helpful tool. When I couldn't find much information about the detriments of online classes, I tried every single way of phrasing before I found something that would agree with my argument. Eventually I found the research that I needed, though it was very few and far between,

and I started on my powerpoint shortly after that. I decided on using two different fonts for the powerpoint, those being “Times new roman” and “EB garamond-semi bold”, because i wanted a differentiation between the title text and the body text. I chose 4 different sources, those being the National Institute of Health (NIH), The Journal of Psychiatric Psychological and Behavioral Research, Harvard, and Brainfacts.org. I chose these sources for their extensive information on how learning on a screen impacts the brain and for the statistics that they showed and because I wanted a wide variety of sources. I decided to add the visual elements (GIFS) because i wanted to be able to keep my audience (our class) entertained as I talked about something that they may not understand. All in all i wanted to make a project that was educational but entertaining for the class about something that they would agree with (online classes not being good for anyone that is) and i tried my best to incorporate as much math as possible, though i leaned more into my major than the math elements but i think that the statistics are a good amount of math.