

# Student Research

In all modules, student designed, implemented, and presented research on adolescent health issues is emphasized.

- Understanding large health problems.
- Identifying researchable question.
- Designing research plan.
- Data collection, representation and interpretation.
- Communication.





# Developing a Research Poster

- ★ Research Question: Title the Poster with the Researchable Question.
- ★ Introduction and Relevance: A paragraph explaining the problem you are researching - how is it relevant to adolescent/community health? Why did you choose it? Why is it important?
- ★ Methods: Short description of research method, including number of sample/survey, example of survey used, time, etc.
- ★ Graphic representation of data using appropriate graph type.
- ★ Conclusion: Paragraph summary of research, what was learned, what it means for adolescent/community health, ideas for future research.
- ★ Investigators: the research team, name and school they are from.
- ★ Acknowledgements: thank you to people who helped, donated time, materials, participants, etc.





# Presenting at the Symposium

- ★ Short Welcome: The symposium starts with a short welcome by project staff and associated researchers.
- ★ Student Posters: Some students will show their posters during a public poster viewing time, though not present.
- ★ Student Presentation: 16 - 20 student research teams will present their posters and research in small groups of four to six research groups/session. The four to five research presentation sessions will run concurrently.
- ★ Five Minute Presentations and Q&A: Students presenting should be prepared (practice!) for a five minute presentation highlighting their research question, its relevance, their methods, their findings, and any surprises for suggested next steps (the “so what?”).
- ★ Audience Participation: Small audiences (12-18 people) will listen to each presentation. The audience will be composed of peers, teachers, project staff, parents, and researchers. The audience will be expected to listen, then ask specific questions to the students related to their research. Questions are often in regards to either the research design, the research question’s relevance, or the students findings.



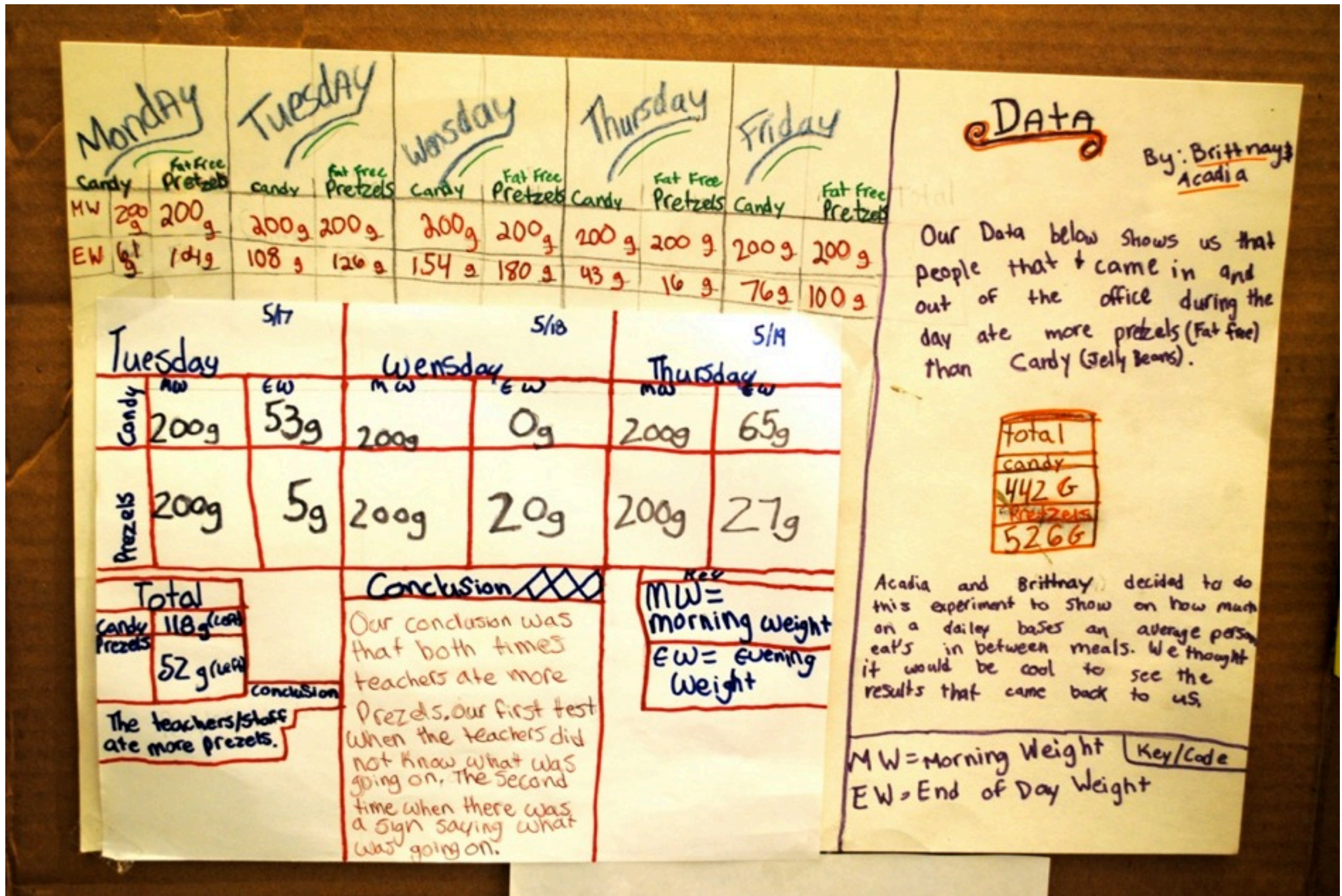




# A Friendly Audience







Research Question: Which of two snack foods, whole wheat pretzels or Hershey Kisses, do teachers prefer when left in the school office?

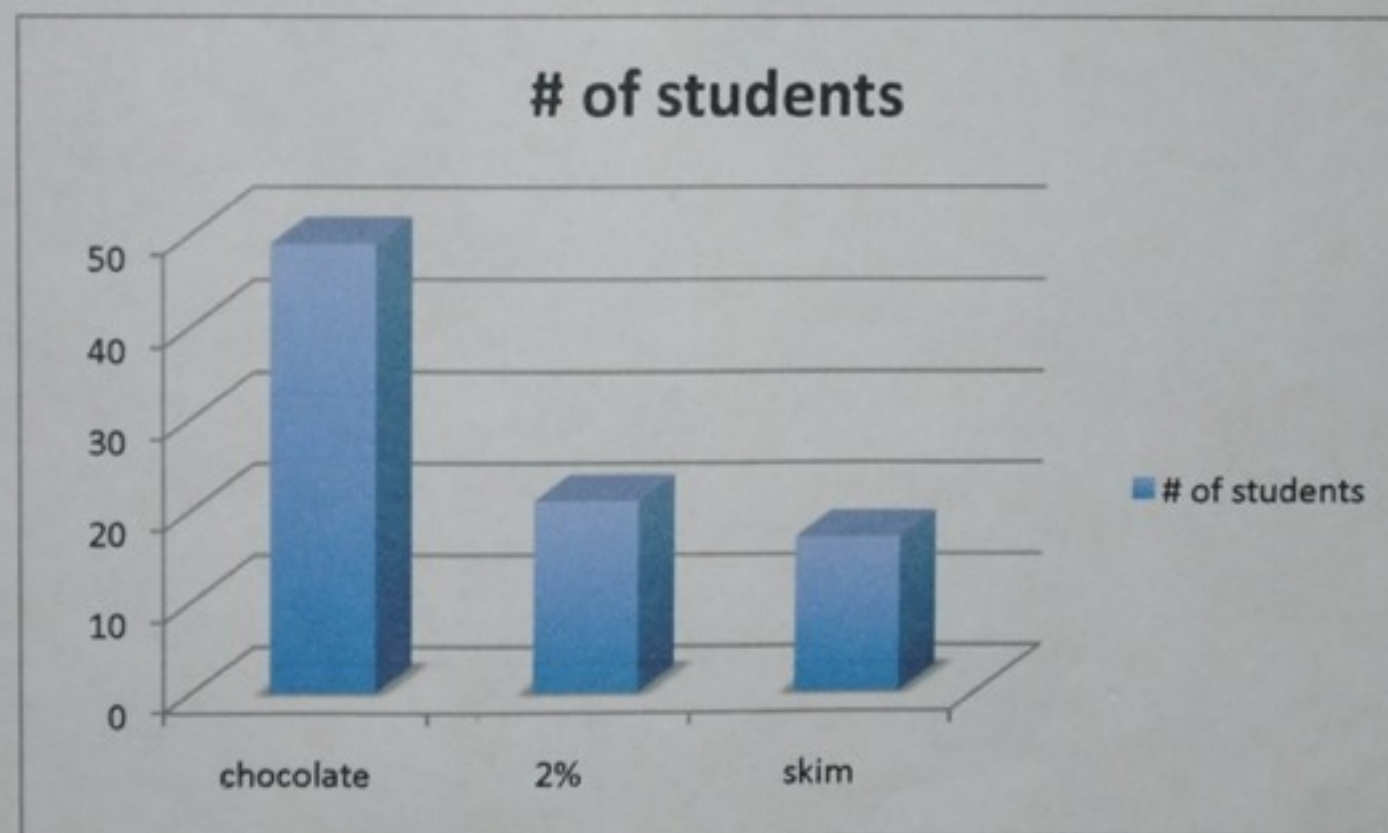




Research Question: Which type of milk is preferred by students at Central Vermont Catholic School?



type of milk	# of students
chocolate	49
2%	21
skim	17

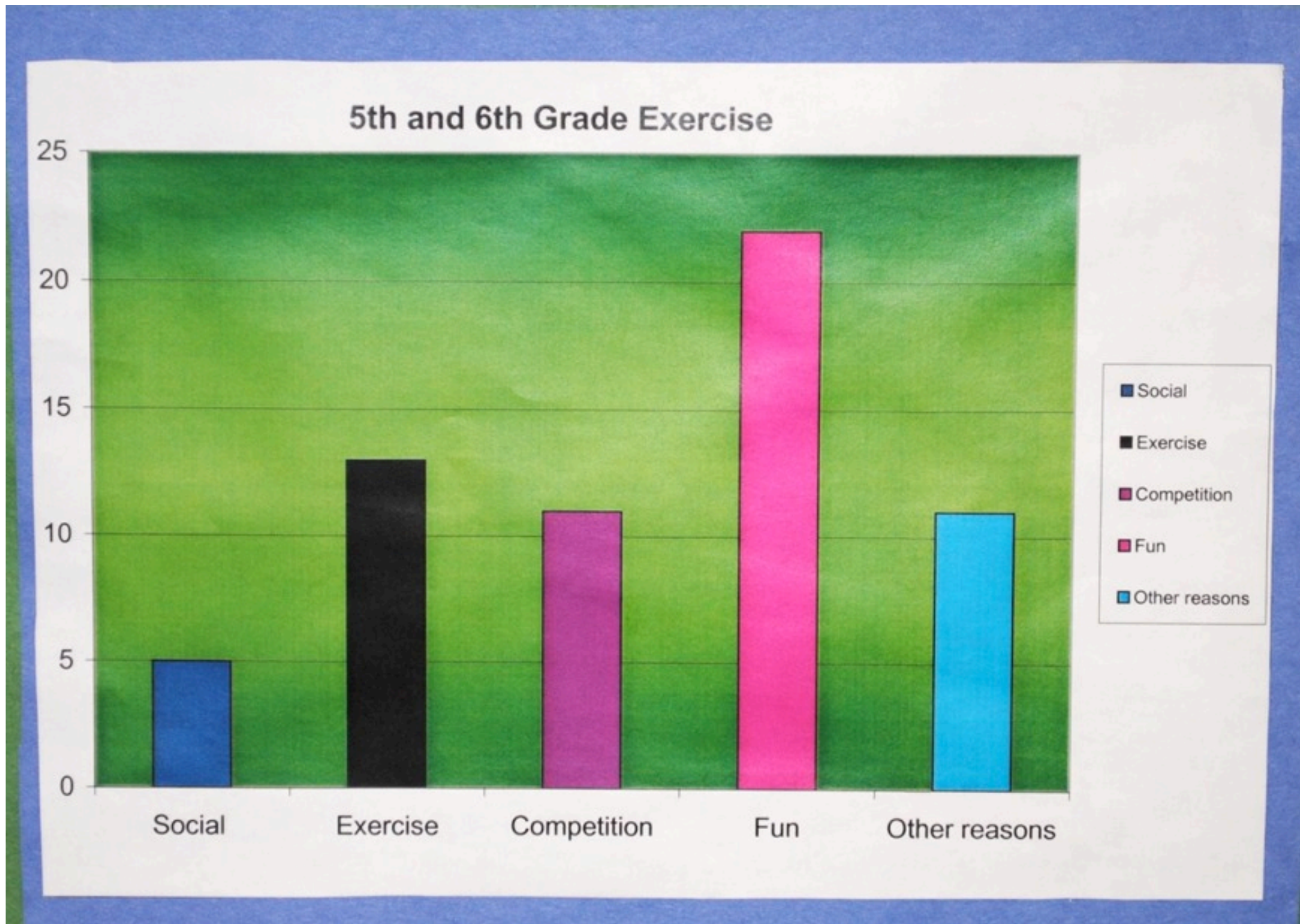


Research Question: Which type of milk is preferred by students at Central Vermont Catholic School?









Research Question: Why do students choose to participate in team sports?





**Research Question: Is there a difference in the amount of fruits and vegetables people eat in northern climates vs southern climates?**



First, I e-mailed, mailed or handed out a survey to as many people as I could, all over the world. Here is a copy of the survey:

Hi,  
I am doing a science fair experiment to see what kinds and how much fruits and vegetables people eat. Please fill out this anonymous form below and if you have a chance it would be great if you could give a copy of this form to a couple of your friends so I could have more data from all over the country. Please get this back to me by March 16<sup>th</sup> or sooner and remember you don't need your name.  
Thank you,  
John

Age \_\_\_\_\_ Gender \_\_\_\_\_

Where do you live, state and city? \_\_\_\_\_

Check the box that applies to you. I exercise on an average day ...

0-30 minutes \_\_\_\_\_ 30-60 minutes \_\_\_\_\_ 60 or more \_\_\_\_\_

Do you like more than 5 fruits? (Yes or no) \_\_\_\_\_ Do you like more than 5 vegetables? \_\_\_\_\_

What are your favorite fruits? \_\_\_\_\_

Five lines for answers \_\_\_\_\_

What fresh fruits and vegetables, do you eat at this time of year? \_\_\_\_\_

Three lines for answers \_\_\_\_\_

For one day, please keep track of all the fruits and vegetables you eat and how much of each. (Please do this for a typical day at this time of year).

Type \_\_\_\_\_ Amount \_\_\_\_\_

Five lines for answers \_\_\_\_\_

At this time of year, do you think you eat the recommended amount of fruits and vegetables based on your gender, age and how active you are? (Yes or no) \_\_\_\_\_

Type \_\_\_\_\_ Amount \_\_\_\_\_

Five lines for answers \_\_\_\_\_

What factors, if any, do you think limit the amount of fruits and vegetables you eat at this time of year, or limit you all the time? \_\_\_\_\_

Five lines for answers \_\_\_\_\_

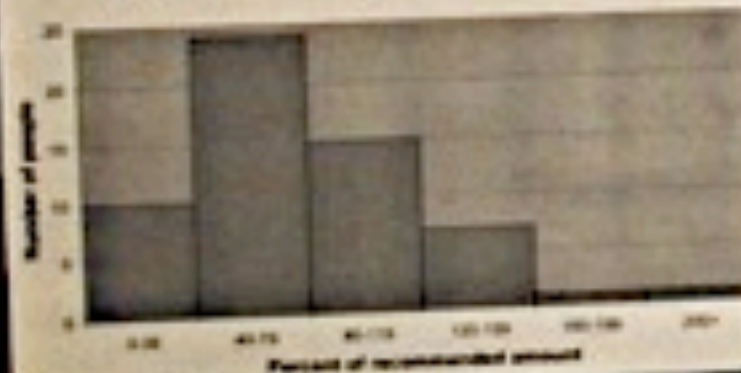
Research Question: Is there a difference in the amount of fruits and vegetables people eat in northern climates vs southern climates?



### Big Findings

- The north ate more fruit than the south.
- The south ate more vegetables than the north.
- Females and non-gender ate more fruit and vegetables than males.
- People who exercise 0-30 minutes ate more fruits and vegetables than people who exercised more.
- Adults ate more fruit and vegetables than kids 0-18.
- People who didn't like five fruits ate enough fruit.
- People who didn't like five vegetables didn't eat enough vegetables.
- The main reasons why people didn't eat enough fruit and vegetables are Preparation and Time of Year.

Number of people vs. percent of recommended vegetable consumption



Number of people vs. percent of recommended fruit consumption



Research Question: Is there a difference in the amount of fruits and vegetables people eat in northern climates vs southern climates?