

Cassie Bauer

Coach Goff

ISM 2A

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Final Project and First Mentor Visit

This week I was able to have my first mentor visit and talk to Vanessa Stanford. Although it was only for what seemed like an hour, our conversation went straight to the point, and we got to talk about a whole lot of different things. The main discussion we had was about my Original Work and my Final Project. That morning I had sent her both. Therefore, we could discuss it when we meet. As for my Original Work, we talk about quoting from my Original Work. “

Statement of Purpose

The purpose of this research is to be able to determine the effectiveness of the use of light and smell Aromatherapy in therapy sessions. Over the past month of November 2020, data collected on my family by the Bauers. Records like pictures and graphs were taken to be kept track of the Bauer family, including me, for the whole month of November 2020.

Significance of the Study

Improving anxiety and depression and stress-related panic attacks is the main objective of this study. As stated in the article by the Centers for Disease Control and Preventions, children from the ages of 2-17 years old just this year, 9.4% of children (approximately 6.1 million) have been diagnosed with ADHD. It goes on to say that depression rates in children are around 3.4% (about 1.9 million), and anxiety rates are about 7.1% (about 4.4 million) (Center for Disease Control and Preventions page 2). Therefore, grades are counting to rise, especially in children at the high school level.

A study showed that bright light therapy positively impacted seasonal affective disorder (SAD), depression, and anxiety. And then state that smell aromatherapy has also significantly affected mood, stress, anxiety, and depression (Dong page 4). Therefore, with many other studies showing great success with the two therapy combining the two, in theory, would only double the effectiveness, or at least that is my question and hypothesis.” Once I had told her about why I did it and why I thought it would help, we talked about her perspective. This led us to brainstorm about my Final Project. My idea is to help students of all ages with funding outside of school learning, such as free tutoring to guide the teacher of not just Frisco High School about learning disabilities and how to help with all the mental health issues coming into any high school bring you. We talked about why I wanted to do this project and why it was so important to me. When genuinely thinking about it, I just want to help others because although High School was a fantastic experience, it did bring me many problems to and in my opinion, these problems can be fixed! Therefore, Vanessa and I have a lot of thinking to do. I love how my project is already coming together, and I couldn’t imagine doing it without her. She has been such a tremendous help through this journey even though we just started meeting! I believe by the end of all this, and I will have a great friend and a fantastic teacher as well as a unique project that can help a lot of people!

