

**Research title:** The impact of stress on academic performance among CCNY undergraduate students.

**Research question:**

Do high stress levels negatively impact academic performance in college students?

**Hypothesis:**

Higher stress levels are associated with lower academic performance among undergraduate students.

**Background /history:**

Stress is a common factor that impacts academic performance of college students. There are many ways in which stress influences college students. Given my personal experiences and through observing peers I have observed that higher stress levels are associated with reduced attention levels, higher levels of anxiety, low focus, and lower performance on exams.

**Primary research plan:**

I will develop a Google form survey; a 6-question Likert scale. The survey conducted will be anonymous and it will aim to ask students about their experience with stress and how it influences their ability to concentrate ,focus and perform academically. The responses will be collected from at least 30 undergraduate students of CCNY. The results will be analyzed using Excel sheets by creating basic charts and graphs to support the findings.

**Research completed so far:**

I have successfully developed the survey questionnaire and plan to share the forms with fellow undergraduate students to collect their responses. Then I will develop a draft of the introduction and work on finding authentic credible sources for the literature review.

See link attached below to access survey

<https://docs.google.com/forms/d/e/1FAIpQLScEC-SY3SjAMachFAIxbs4Alzb33oMJsz6d4kABEDfGdhCSnw/viewform>