

Local student wins national science award



Arin MacNeill recently won the Canadian Psychological Association's High School Psychological Science Award and will present her project that focuses on stress and social media to the association at its convention on June 13 in Quebec. AMY MACKENZIE...

Published on June 5, 2013 Amy MacKenzie

Pictou Academy , CPA , St. Francis Xavier University , Quebec City

PICTOU – A Pictou Academy student has been selected as the winner of a national science award and will present her findings at a conference in Quebec City in two weeks.

The Canadian Psychological Association (CPA) selected Arin MacNeill as the winner of the High School Psychological Science Award for her project "Stress and Social Media."

"It's about how social media affects your cortisol levels and adrenal health," MacNeill said. "I had to do a project for my advanced bio class and I kind of wanted to do one that focuses on social media and I had to relate that to biology so I found out about cortisol and went with that."

Through her study, she found that the people who had more friends on Facebook were less healthy.

"I also found that there wasn't much effect on the amount of sleep the participants were getting and I also found that the Grade 12s were actually healthier than the Grade 10s," she said.

The award comes with a \$1,500 scholarship that will be put towards MacNeill's studies next year at St. Francis Xavier University.

MacNeill was invited to present her work and receive the award at the convention in Quebec City. The convention has more than 1,000 presentations taking place throughout its duration. She also received \$500 to cover the cost of travel and accommodation.

MacNeill's work will also be published in an Abstract Book, on its website and in the convention's press kits.

She said she found out when the CPA sent her an email telling her she won the national award and she was very excited.

MacNeill will present her award-winning project to the CPA on June 13.

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