

Example Study 1. Does taking different types of breaks affect students' ability to retain material?

<mindhive.science/studies/different-breaks>

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With the need to change learning curriculums in schools to better suit the students needs becoming more prevalent, we are trying to figure out whether teachers should implement breaks into their programs. In this study, we are testing how taking different types of breaks affects students' ability to retain material.



Participate

What

Who

Why

In this study, you are asked to complete two different tasks. Each participant will be randomly assigned to one of the three subject groups with each group taking a different kind of break between tasks or taking no break at all.

Time to complete

15 minutes

Frequency

Once

Students who designed this study were interested in how taking breaks affects memory. To this end, they cloned memory tasks from the MindHive bank and assigned their participants into one of three groups: One group took no break between tasks, one group took a 5-minute break (with no particular instructions), and one group watched a 5-minute educational video between tasks.