

Assalamu Alaikum Wa Rahmatul-Allah wa Barakatuh,

Greetings! My name is Hamza Albataineh; I am interested in majoring in analytical chemistry or heading into the medical field to become a dermatologist. When I'm not stressing over deadlines, I like to indulge myself in different hobbies. My hobbies include reading fantasy novels, drawing, playing video games, and programming. I also take an interest in researching how different chemicals were found or created and how they came up with their corresponding names.

In my project "The Burnt-Out Mind," I chose to cover the topic of stress and stress management. Being unable to manage stress can lead to many effects on the mind and body, and many students are uninformed of the consequences of allowing stress to build up. As for my product, I initially conducted a survey directed to middle and high schoolers asking different questions about stress. I then gathered the data from the survey and made a presentation revolving around the misconceptions that the students had about stress and stress management. Finally, I gave a presentation to the middle and high schoolers at Michigan Islamic Academy during their assembly about stress management.

Conducting this project has been a muddled experience. On the one hand, I learned different ways to deal with my stress and the source of most of it. On the other hand, I noticed that I don't have the motivation to work and can only focus and work under pressure. Personally, I need to learn how to regulate my stress so as not to overwhelm myself but have enough stress to motivate myself to work.

Thank you, judges, for attending my presentation and being part of our community.

- Hamza Albataineh