**UQ Summer or Winter Research Project Description**

Please use this template to create a description of each research project, eligibility requirements and expected deliverables. Project details can then be uploaded to each faculty, school, institute, and centre webpage prior to the launch of the program.

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| **Project title:** | **Attention Restoration using Nature Connection** |
| **Hours of engagement & delivery mode** | 4 weeks at 20-36 hours per week in the School of Psychology.This project will require on-site attendance at the St Lucia campus. |
| **Description:** | Attention restoration theory proposes that contact with nature can assist with restoring our attention and focus. However, there are key differences between ‘contact’ and ‘connection’ with nature. This key difference is in the noticing: slowing down to absorb multisensory detail, finding beauty, feeling emotions, and reflecting on symbolism and meaning. What matters is the quality of meaningful moments rather than just the quantity of the minutes. Despite this difference, we do not know whether there is a difference in attention restoration when people are only in contact with nature compared to connecting with nature. This study aims to investigate this difference among undergraduate students. |
| **Expected learning outcomes and deliverables:** | Scholars will be involved in all aspects of data collection, analysis, and drafting of a paper for publication. There may be scope for a short presentation at the end of the project. Scholars will be supported to understand each part of the process and will be encouraged to work independently when they feel confident. |
| **Suitable for:** | This application is open to a 2nd or 3rd year psychology student who would like experience with the research process.  |
| **Primary Supervisor:** | Dr Leah Sharman  |
| **Further info:** | l.sharman1@uq.edu.au |