# Research Week Proposal/Worldview Submissions

# Your Research Week Proposal Submission will consist of two documents that will be uploaded separately to the Research Week Submissions portal. The first is a research proposal, and the second is your Christian worldview statement.

## **Step 1-Submit Your Proposal**

First, you will write a **research proposal** that concisely summarizes the key points of your research in **200 to 300 words** in **one double-spaced paragraph**. It needs to clearly and professionally represent your research since it may be used as part of the judging criteria during the event.

Your proposal should contain:

1. A hypothesis, research question(s), or thesis statement(s)
2. A brief literature review or overview of your research topic
3. Your planned research method
4. Possible applications of your research and/or future directions for your topic

Refer to the proposal examples provided on the next page as a **template** for your own research submission. Once completed, submit your proposal as a separate **document** in the **Research Week Submission** portal.

**Step 2-Submit Your Worldview Statement**

Next, you will write a **second document** that describes how your research design and reporting of results is informed by your **Christian worldview**. This worldview statement should answer the question: ***How is your research impactful within the culture at large***?

This worldview statement should be double-spaced and be between **150-250 words**.You will submit this document under the **Worldview section** in the Research Week Submission Portal.

# Proposal Example Template (Applied, Basic, Theoretical)

**Student name(s) -** John Doe

**Proposal (200-300 words):**

This study investigates the impact of mindfulness training on collegiate athletic performance, responding to a growing interest in the psychological factors that contribute to athletic success. Mindfulness, defined by present-moment awareness and non-judgmental acceptance, has been linked to enhanced focus, reduced competitive anxiety, and improved emotional regulation. Despite anecdotal evidence supporting these benefits, empirical studies examining the direct effects of mindfulness on performance outcomes remain limited. We aim to address the research question: "How does mindfulness training affect the performance of collegiate athletes?" Our hypothesis posits that athletes participating in structured mindfulness practices will demonstrate significant improvements in performance metrics, enhanced focus and reduced anxiety levels. Utilizing a quasi-experimental design, we will recruit 80 collegiate athletes, dividing them into an experimental group undergoing an eight-week mindfulness training program and a control group receiving no intervention. The mindfulness program will consist of weekly guided sessions, breathwork, and daily mindfulness exercises. Performance assessments will include Athletic Standard Index (ASI) and self-reported questionnaires measuring levels of anxiety and focus before and after the intervention. Qualitative interviews will also be conducted to capture participants' experiences. We anticipate that the findings will provide valuable insights into the efficacy of mindfulness as a training tool, with implications for coaching practices and athlete development programs. If our hypothesis is supported, future research could explore the long-term effects of mindfulness across various collegiate sports, fostering a holistic approach to athlete preparation that emphasizes both physical skills and mental resilience.

# Proposal Example Template (Textual or Investigative)

**Student name(s) -** John Doe

**Proposal (200-300 words):**

The invention of the printing press in the 15th century revolutionized communication and played a critical role in the spread of Reformation ideas. Scholars like Elizabeth Eisenstein argue that the printing press facilitated the dissemination of Martin Luther’s theses, challenging the Catholic Church’s authority. However, the extent of its impact on public engagement and the overall success of the Reformation remains debated. This research aims to analyze how the printing press influenced the ideological landscape during the Reformation. How did the proliferation of printed materials contribute to the success of the Protestant Reformation in Europe? This study will employ a historical analysis framework, utilizing primary sources such as pamphlets, treatises, and other printed sources from the Reformation period. Archival research will be conducted in libraries and digital collections to gather a representative sample of printed materials. Additionally, quantitative analysis will be employed to assess the frequency and geographical distribution of these texts, alongside qualitative content analysis to explore themes and rhetoric used in Reformation literature. This research seeks to deepen our understanding of the interplay between technology and social change, highlighting how communication innovations can alter religious landscapes. Furthermore, this research may provide insights into contemporary discussions about media’s role in societal shifts, suggesting future research approaches into the impacts of digital media on modern religious movements.

# Worldview Example Template

**Worldview (150-250 words):**

This study aligns with a Christian worldview by recognizing the holistic nature of human beings—body, mind, and spirit—as intricately designed by God. In Christianity, the pursuit of excellence in all endeavors, including athletics, reflects our stewardship over the gifts and talents God has bestowed upon us. Mindfulness training, characterized by present-moment awareness and acceptance, echoes biblical principles of focusing on the here and now, as encouraged in passages like Matthew 6:34, which advises against worrying about the future. Furthermore, the psychological benefits of mindfulness—enhanced focus, reduced anxiety, and improved emotional regulation—can be seen as vital for athletes striving to perform at their best, reflecting the biblical call to maintain a sound mind (2 Timothy 1:7). This study's aim to improve athletic performance through structured mindfulness practices embodies the Christian commitment to developing the whole person, fostering not only physical skills but also mental resilience and spiritual well-being. Ultimately, if the hypothesis is supported, the findings could inform coaching practices that emphasize a balanced approach to athlete preparation, recognizing that true success in sports—and in life—comes from nurturing both the physical and spiritual dimensions of our being, grounded in faith and purpose.