

Dear Forensics Coaches,

I am contacting you to invite your interpretation of literature competitors to be part of a research project examining the physiological stress responses that occur when performing literature pieces in collegiate forensics. The purpose of the research is to gain a better understanding of the stress impacts literature choice and performance have on participants.

If your students participate in this project, they will sign up for performance time slots on Friday of The Mule, Oct. 10. It will take your students roughly 45 minutes to participate in the research. They will perform their pieces in UCM's NeuroCall Lab, where their heart rate, respiration rate and stress rate will be monitored before, during and post-performance. We ask that participants are at least 18 years of age, and that students perform one of their interp (prose, DI, poetry, POI) pieces. This could even include a piece from last year's competitive season.

Since their literature is self-selected, the risk of participation is very minimal. Participants may experience minor emotional distress due to wearing a heart rate monitor and stress detecting patches for data collection. Participation in this study will improve the forensics community's understanding of how much literature selection choices impact the performers (students). The goal of this research is to aid in the understanding of the cognitive and physiological stress experienced by performers to facilitate a discussion regarding better mental and emotional health practices within the activity. As such, participants will also better understand their own stress responses to performing highly emotional pieces of literature.

Participation is voluntary, but we hope you will share this opportunity with your team. For more information, or should your students want to sign up, please have them contact Dr. Nikki Freeman at [nfreeman@ucmo.edu](mailto:nfreeman@ucmo.edu).

Thank you very much,

Dr. Nikki Freeman  
Mr. Jordan Compton  
Dr. Adam Runyan