**One Research Project = Several New Opportunities!**

**Mackenzie Nalven**, a junior double-major in Psychology and Management, received a SURE Grant to support her 2018 summer research project, “*The Effect of Limiting Email Usage on Job Productivity*,” under the mentorship of **Dr. Michael Eskenazi** and **Dr. Camille Tessitore King**. She found that the participants (who worked at the Better Business Bureau of West Florida) perceived they had been just as productive during the two week period of unrestricted email usage as during their restricted two weeks of email ****use. Interestingly, high multitaskers among the participants perceived they had been more productive during the unrestricted email use period, when, in fact, measures of real productivity showed they had not been!

*“I participated in the SURE Program because I thought it would help me decide the field of psychology I wanted to pursue, which it did! I strongly encourage students to consider participating in this program to gain experience in their field of interest. This project has had a major effect on my future education/career direction, and I consider it to be the most significant experience during my time at Stetson.”*

*–Mackenzie Nalven*

To gain access to a reliable and valid perceived productivity scale for her study, Mackenzie contacted **Dr. Kaitlynn Marie Castelle** from the Engineering Management Department at Old Dominion University to request permission to use the scale she had recently developed and validated as part of her dissertation. Dr. Castelle gladly agreed and was so impressed with Mackenzie’s study that she invited Mackenzie to collaborate with her in the future!

Mackenzie plans to submit an abstract of the project to the very prestigious conference, “Posters on the Hill” hosted by the Council on Undergraduate Research, at which about 100 students from across the country set up their research posters in the Capitol Building, meet with their elected representatives, and have free time in Washington, D.C. We certainly hope her project gets accepted!

Mackenzie found thewhole experience very rewarding: starting with the background literature search, collecting and analyzing the data, and drafting the final project. The SURE Program reaffirmed her interest in pursuing a graduate degree in industrial-organizational psychology (or related fields) and opened opportunities that she would not have had otherwise!