

Material 1 (plans & drafts) Science Fair Research

Project by: Aubrey Rowland and Solomon Huang



General Information

Project Name: What causes people to feel nostalgia and why do we experience this?

Project type: Research/Study

Basic Info: Nostalgia is a psychological study that has been investigated by scientists for a while, the word nostalgia originates from the greek word nostos, Modern Latin and German word heimweh which means to be homesickness.

These are the requirements of the Science Fair Project

Conclusions



Hypothesis



Background research



Results



Bibliography



Materials



Procedure



Title



Abstract



Display Board



Interpret the data and observations



Research paper



Title/Project name

The title of this project is called “What causes people to feel nostalgia and why do we experience this?”

Background Research

-nostalgia is a common response to change.

-typically caused by negative emotions but usually results in a mood boost and increased positive emotions.

- Nostalgia is a sentimental dwelling to be in the past and a longing of homesickness and an affection of the past and a yearning of the past.

Logbook

<https://bytesbin.com/add-citations-in-google-slides/>

<http://learning-mind.com/psychology-of-nostalgia/>

[Patterns of brain activity associated with nostalgia](#)Logbook

[: a social ...](#)

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[The Psychology of Nostalgia - DK Therapy](#)

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[What Nostalgia Is and What It Does - University of Southampton](#)

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[The Psychology of Nostalgia - Medium](#)

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Cysf platform info-research

Nostalgia is a psychological study that has been investigated by scientists for a while, the word nostalgia originates from the greek word nostos, Modern Latin and German word heimweh which means to be homesickness. Nostalgia is a common response to change.

-typically caused by negative emotions but usually results in a mood boost and increased positive emotions.

- Nostalgia is a sentimental dwelling to be in the past and a longing of homesickness and an affection of the past and a yearning of the past.

Nostalgia - It means a sentimental or dwelling to stay in the past.

Many of the Gen Z was (including me) that were born in a time when the transition between the 2000s and early-mid 2010s, the hardest part is that during your childhood you would think that these things last forever but in reality, they don't. The nostalgia hits back to the time when Toys "R" Us and other retro stores like Payless Shoesource were the hit of our childhood. Despite all this, the media

these are some of our personal experiences growing up in the early 2000s and early-mid 2010s.

As a kid I (Solomon), grew up with malls, I thought they were the best place ever and at times when shopping with my parents, one of the most boring places on earth, There were a few malls in particular that bring the most nostalgia, not just malls but certain stores too.

Solomon's Personal Experiences

1. Northland Mall, Brentwood village. (Solomon)

This is number one because as a kid I grew up coming to this mall with my mom and seeing all the retro old school 90s vibe that was there. It was like no other mall as I got older, I started to see that this mall was much like a time capsule stuck in the 90s. It had those plants like palm trees, your typical mall in the 90s although I never experienced the 90s and wasn't born that time, this mall made me feel like I was in the 90s. But this mall was rather quiet than other malls like market mall or crossiron or chinook. This mall only had about 5 anchor stores and about 3 to 4 permanent food court stores, at the time of its closing the mall still had the retro massage chairs, the kids play area, big large glass ceilings a reflection of the 2000s style including a light green roof and glass, though there wasn't much inside, I'm still pretty sad that it got demolished.

2. Memories of old places (Solomon)

Stores that I once visited as a kid that are no longer here, they are toy stores that once were at the top but now no longer, I thought as a kid that would last forever, places like Eau Claire Market that I would go to with my mom to the market and I would play in the play area and after my mom and I would just walk around the area.

Aubrey's Personal Experiences

When I (Aubrey) am triggered by nostalgia I am taken back to before my parents were divorced. There are many things that trigger my nostalgia but they are all very different and specific, these are some of them:

1. There is a forested area in my neighborhood that my family and I would walk through almost every day. After my parents got divorced I didn't see that forest for 6 years. now every time I walk through that forest I am reminded of all the fun we had there.
2. I have a scar on my lower palm that I got from the space heater in our old houses garage, it is very faint but whenever I notice it I remember our old house's garage and all the projects we worked on together, including a bat box that is now put up at my dad's current house.
3. nose hill was very close to the house my parents first house in calgary and we would drive past it every day and offense walk through there it reminds me of many, many childhood experiences.
4. my brother has this old puppet hermit crab that he has had since he was a toddler whenever I see that crab I remember teaching him how put things away and clean up when he was very small and how proud I was of him. (the hermit crabs name is harm)

Looking back I agree with the research nostalgia is a common response to change.

Deeper into the science of nostalgia.

Nostalgia is not triggered by certain chemicals but by experiences,

Platform info- Data

Sometimes people who work for demolishing old fashioned buildings from their childhood because they had a bad experience during their childhood, they then go to work for a job that makes them design newer buildings that help to modernize old ones. But then all of a sudden they step back and look at a different perspective, sit down and think, I am destroying my past and suddenly they think of all the great memories they ever had during the childhood and completely forget the old bad experience they had. Then that person may help other people to raise awareness and to try to help preserve and restore old fashioned buildings.

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Nostalgia Science Facts.

-nostalgia is not triggered by certain chemicals but by familiar experiences, smells, objects, sounds, places, or even just by the feeling of loneliness.

-when we say that nostalgia often ends in a positive mood boost the brain is literally releasing the chemical dopamine, serotonin and oxytocin.

-the parts of the brain that control nostalgia are: the media prefrontal cortex, posterior cingulate cortex and precuneus.

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Platform info- conclusion

To conclude,

Nostalgia is an emotion we feel when we encounter familiar experiences, smells, objects, sounds, places, or feel lonely. This feeling causes our brain to release the hormones oxytocin, dopamine and serotonin. This results in a positive mood boost. Nostalgia is descent from the greek word nostos, Modern Latin and German word heimweh which means to be homesickness. Nostalgia is increasingly relevant to people our age as times change.

Platform info- citations I

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Platform info- acknowledgments

Acknowledgement

We would like to acknowledge Ms.Offord and Mr.Parent and the CYSF for giving us the opportunity to participate in the CYSF 2025-2026.

Thank you so much for giving us a chance to really shine in our Science capabilities. Thank you to our sponsors and the U of C for letting us use the olympic oval for space for everyone who has worked on their project. Thank you for everyone who has offered time in their busy schedule to come help out with something everyone could really just push to the next person. I would like to acknowledge my partner Aubrey Rowland who has helped me with a majority of the projects. Finally, all of these citations of the authors of these specific websites and publishers.