



101+ Behavioral and Social Science Project Ideas for Students

JUNE 7, 2025 | AVA COMATOZ



Behavioral and social science project ideas help you learn how people think, act, and live with each other. With these projects, you watch people and ask questions to study the world around you.

You can learn about your family, friends, school, and neighborhood by doing easy tests, simple experiments, recording data, asking people things, and feelings.

When students do these projects, they often find cool, new facts about how people behave. These projects show you how to look closely at people's actions. You might study how people decide what to do, why they help each other, or how they solve problems as a group.

The best part is finding answers to questions you have asked yourself. Everyone you meet can teach you something about how people work together.

Must Read: [150 Easy Recycling Project Ideas For School Students](#)

Table of Contents



What Are The Behavioral Or Social Sciences?

Behavioral and social sciences are school subjects that study how people act, talk, and how groups live together using science.

Behavioral sciences look at what a person and group do, like money and mind work. Social sciences study big patterns of group habits, like living, governments, money, and places.

They use same methods to learn, like asking questions, testing, and counting results.

This knowledge helps make rules, run groups, and solve big problems using facts and studies in government agencies, schools, businesses, nonprofits, and public and private organizations.

Behavioral And Social Science Project Ideas High School

List of unique Behavioral And Social Science Project Ideas:

Psychology and Mental Health

1. Study how different colors change how people feel when they do homework or take tests.
2. Test if listening to music helps students remember facts better than studying in total quiet.
3. Find out if people feel more happy when they write about good things that happened today.
4. See if students worry less about tests when they take big breaths before starting.
5. Check if people guess feelings better by looking at eyes or by looking at whole faces.
6. Test if students work better in groups or alone when they solve hard math problems together.
7. Study how looking at phones before bed changes how well people sleep at night.
8. Find out if people remember dreams better when they write them down right away.
9. See if students feel more sure of themselves after they practice giving talks to stuffed animals.
10. Test if people feel less sad when they spend time outside on sunny days.
11. Study how smells like cookies or flowers change how people feel about places.
12. Check if students pay better attention when they sit on exercise balls instead of regular chairs.
13. Find out if people trust others more when they shake hands before talking.
14. See if students feel less nervous when they imagine their listeners wearing funny clothes.
15. Test if people remember names better when they say them out loud three times.
16. Study how watching funny videos changes how well people solve problems after laughing.
17. Check if students feel more creative when they work in messy rooms or clean rooms.
18. Find out if people feel more thankful when they write thank-you notes every day.
19. See if students pay better attention when they chew gum while they read hard books quietly.

20. Test if people feel more positive when they look at pictures of cute animals.

Social Media and Technology

21. Study how many likes on posts change how good teenagers feel about themselves today.
22. Check if students sleep better when they stop using phones one hour before bedtime.
23. Find out if people feel more lonely when they spend more time on social media.
24. See if students make friends easier online or when they meet people face to face.
25. Test if people feel more jealous when they see friends having fun on social media.
26. Study how using phones during meals changes how families talk to each other.
27. Check if students worry more when they read lots of news on their phones.
28. Find out if people feel more close when they video chat or text with friends.
29. See if students do homework better when they leave phones in another room.
30. Test if people feel more happy when they post good messages instead of complaints.
31. Study how taking selfies changes how confident people feel about how they look.
32. Check if students learn better when they take notes by hand or type on computers.
33. Find out if people feel more stressed when they get lots of notifications each day.
34. See if students feel more popular when they have more followers online.
35. Test if people feel more anxious when they cannot check their phones for hours.
36. Study how online gaming changes how well students get along with their families.
37. Check if people feel more tired when they look at bright screens before sleeping.

38. Find out if students feel more sure of themselves when they share their artwork online.
39. See if people trust news more when it comes from friends or from news sites.
40. Test if students feel more motivated when they earn digital rewards for good work.

Communication and Language

41. Study how people from different countries use hand moves when they talk excitedly.
42. Check if students understand teachers better when they use simple words or big words.
43. Find out if people feel more calm talking when they make eye contact first.
44. See if students remember instructions better when teachers speak fast or speak slow.
45. Test if people trust others more when they use the same words and talking style.
46. Study how different accents change how smart people think the speaker sounds.
47. Check if students feel more included when teachers use their names in class talks.
48. Find out if people read feelings better through voice tone or just through faces.
49. See if students ask more questions when teachers wait longer after asking.
50. Test if people feel more convinced by facts and numbers or by personal stories.
51. Study how using slang changes how seriously adults take what teenagers say.
52. Check if students feel more sure when they practice speaking in front of mirrors.
53. Find out if people remember talks better when they happen in quiet or in noise.
54. See if students feel more safe sharing ideas when they write them down first.

55. Test if people feel more close when they use the same body moves while talking.
56. Study how speaking different home languages changes how students think about problems.
57. Check if people feel more heard when others repeat back what they just said.
58. Find out if students feel more respected when teachers ask their opinions about lessons.
59. See if people find it easier to disagree when they start by saying something nice.
60. Test if students learn new words better when they hear them in songs.

Group Behavior and Teamwork

61. Study how group size changes how well students work on science fair projects.
62. Check if people make different choices when they are alone or in big groups.
63. Find out if students feel more driven when they compete with others or with themselves.
64. See if people follow rules better when one person watches or when many watch.
65. Test if students share supplies more fairly when they make group rules together.
66. Study how having a leader changes how fast groups solve puzzles and math problems.
67. Check if people feel more safe speaking up when they know everyone in the group.
68. Find out if students work harder when they pick their own teammates or get picked.
69. See if people make better choices when they talk options or vote in secret.
70. Test if students feel more included when groups have different ages or the same age.
71. Study how peer pressure changes what clothes students pick to wear to school.
72. Check if people help others more when they work in small groups or big groups.

73. Find out if students feel more confident when they practice talks with kind friends.
74. See if people take more chances when they are with friends versus with strangers.
75. Test if students solve problems faster when they think quietly or talk out loud together.
76. Study how different personalities in groups change how well they work together.
77. Check if people feel more responsible when they have certain jobs in group work.
78. Find out if students feel more creative when they work with people who think differently.
79. See if people trust group choices more when everyone votes equally.
80. Test if students feel more driven when groups celebrate small wins often.

Cultural and Social Differences

81. Study how different cultures celebrate birthdays and what makes people feel special.
82. Check if students from different backgrounds like different ways to learn new subjects.
83. Find out if people from various places use different amounts of personal space.
84. See if students feel more safe when teachers know their family traditions and values.
85. Test if people from different places have different ideas about what makes a good friend.
86. Study how different cultures show respect and how gestures can mean different things.
87. Check if students feel more included when schools celebrate holidays from many cultures.
88. Find out if people from different backgrounds solve everyday problems in different ways.
89. See if students feel more confident when they share their cultural foods with classmates.

90. Test if people from different cultures pick different music when they feel sad.
91. Study how families teach children about sharing and helping others.
92. Check if students from different backgrounds feel more comfy in large or small classes.
93. Find out if people from different cultures show they care in different ways.
94. See if students feel more understood when teachers learn about their home countries.
95. Test if people from different places have different ideas about what makes someone successful.
96. Study how different cultures handle fights and what seems fair to everyone.
97. Check if students feel more welcome when schools have books from many countries.
98. Find out if people from different backgrounds like different ways to get help.
99. See if students feel more proud when they teach classmates about their family traditions.
100. Test if people from different cultures have different ideas about the perfect family dinner.

Emotions and Feelings

101. Study how weather changes how happy or sad people feel.
102. Check if students feel less mad when they count to ten before they answer.
103. Find out if people get more excited when they plan fun activities or get surprises.
104. See if students feel calmer when they pet animals or look at nature pictures.
105. Test if people feel more sure of themselves when they wear their favorite clothes to school.
106. Study how different exercises change how good people feel about themselves.
107. Check if students feel less worried when they talk to friends about their problems.
108. Find out if people feel happier when they help others or when they get help from others.
109. See if students feel more brave when they practice scary things in safe spots.

110. Test if people feel more peaceful when they listen to calm music or to silence.
111. Study how room colors change how relaxed or energetic people feel.
112. Check if students feel more hopeful when they write about their future dreams.
113. Find out if people feel less jealous when they think about their own good things.
114. See if students feel more patient when they play waiting games with friends.
115. Test if people feel more thankful when they help those who need extra support.
116. Study how different foods change how energetic or sleepy people feel after eating.
117. Check if students feel more creative when they feel happy or when they feel sad.
118. Find out if people feel more loving when they hug stuffed animals or real people.
119. See if students feel less embarrassed when they laugh about mistakes with others.
120. Test if people feel more excited about tomorrow when they plan something fun.

Learning and Memory

121. Study how background noise changes how well students remember facts for big tests.
122. Check if people learn new skills better when they practice every day or once in a while.
123. Find out if students remember stories better when they read them or when they hear them.
124. See if people forget things faster when they learn a lot of information at once.
125. Test if students focus better when they take a break every twenty minutes while studying.
126. Study how different note-taking ways change how well people remember lessons.

127. Check if students learn more when they teach what they learned to someone else.
128. Find out if people remember faces better when they meet in person or see pictures.
129. See if students solve math problems faster when they work standing up or sitting down.
130. Test if people remember directions better when they draw maps or write them down.
131. Study how getting enough sleep changes how well students learn new things each day.
132. Check if people remember words better when they write them in bright colors.
133. Find out if students understand science better when they do experiments or read books.
134. See if people learn languages faster when they practice with friends or alone.
135. Test if students remember homework better when they write it down or type it.
136. Study how eating different foods changes how clearly people can think and remember.
137. Check if people learn better when they study in the same place every day.
138. Find out if students remember facts better when they make up silly songs.
139. See if people forget bad memories faster when they think about happy times.
140. Test if students learn better when they get rewards or when they feel proud.

Decision Making and Problem Solving

141. Study how too many choices change how happy people feel about their decisions.
142. Check if students make better choices when they sleep on it or decide right away.
143. Find out if people solve puzzles faster when they work alone or ask for help.
144. See if students make different choices when they feel hungry or when they feel full.

145. Test if people pick better options when they list the good and bad points first.
146. Study how time pressure changes how carefully students think about important choices.
147. Check if people pick differently when they feel happy or when they feel sad.
148. Find out if students solve problems better when they start with easy or hard parts.
149. See if people pick more carefully when they spend their own money or other people's.
150. Test if students make better choices when they ask friends for advice first.
151. Study how role models change the choices teenagers make about their futures.
152. Check if people solve problems faster when they draw pictures or write words.
153. Find out if students make different choices when they feel stressed or calm.
154. See if people pick better when they imagine how they will feel after deciding.
155. Test if students solve problems better when they work in quiet or in noisy places.
156. Study how watching others pick changes the choices people make themselves.
157. Check if people make more creative solutions when they feel free or have rules.
158. Find out if students pick better when they have deadlines or unlimited time.
159. See if people solve problems faster when they take breaks or work without stopping.
160. Test if students pick differently when they feel sure of themselves or worried.

Health and Lifestyle

161. Study how different amounts of sleep change how well students do on tests.
162. Check if people feel healthier when they eat breakfast or skip it completely.
163. Find out if students feel more energetic when they walk to school or ride there.

164. See if people feel better when they exercise in the morning or in the afternoon.
165. Test if students feel less stressed when they spend time with pets every day.
166. Study how drinking water changes how clearly people think during long classes.
167. Check if people feel more happy when they spend time outside or inside buildings.
168. Find out if students feel more confident when they eat healthy snacks or candy.
169. See if people sleep better when they keep bedrooms cool or make them warm at night.
170. Test if students feel more awake when they sit by windows or sit away from them.
171. Study how different types of music change how fast people walk and move.
172. Check if people feel less tired when they stretch or sit still between classes.
173. Find out if students feel more positive when they laugh often or stay serious.
174. See if people feel stronger when they carry heavy backpacks or light ones.
175. Test if students feel more relaxed when they take deep breaths or breathe normally.
176. Study how eating together changes how close families feel each day.
177. Check if people feel more awake when they wash their faces with cold or warm water.
178. Find out if students feel more creative when they get enough vitamins from food.
179. See if people feel less sick when they wash their hands often or use sanitizer.
180. Test if students feel more comfy when they wear loose clothes or tight clothes.

Relationships and Friendship

181. Study how sharing secrets changes how close friends feel over time.
182. Check if people make friends faster when they do things together or just talk.
183. Find out if students feel more supported when friends give advice or just listen.
184. See if people trust others more when they keep promises or say nice things.

185. Test if students feel closer to friends when they help them or get help themselves.
186. Study how arguing changes friendships and what makes people feel better afterward.
187. Check if people feel more loved when friends remember their birthdays or favorite things.
188. Find out if students feel more included when they join groups or start new ones.
189. See if people feel safer when their friends are like them or different from them.
190. Test if students feel more sure of themselves when friends give them kind words or honest feedback.
191. Study how spending time apart changes how much friends miss and value each other.
192. Check if people feel more heard when they share problems or happy news with friends.
193. Find out if students feel more loyal when friends stand up for them or just agree.
194. See if people feel more grateful when friends help without being asked to.
195. Test if students feel more connected when they make inside jokes together often.
196. Study how being honest changes how much people trust each other in friendships.
197. Check if people feel more comfortable when friends have similar interests or different ones.
198. Find out if students feel more supported when friends visit or call them when they need help.
199. See if people feel more valued when friends say thank you or show it with actions.
200. Test if students feel more happy when they give gifts or when they receive them.

Successful Case Studies Of Behavioral And Social Science Projects

1. Healthcare and Public Health Interventions

Behavioral science helped a lot during COVID-19. Studies found proof for 18 of 19 policy ideas. These ideas covered culture, politics, and wrong information that can change how rules work. One big success used behavior strategies in health clinics that work together.

Teams made it easy for patients to get advice, see a counselor, join care plans, and make choices as a team.

2. Educational Technology and Online Learning

Behavioral scientists have helped people do good things, such as eating healthy foods, moving more, keeping doctor visits, voting, and working hard in school. They used these ideas online, in classes that reach many students.

When they shared tips and reminders on websites or apps, more students learned better and finished tasks on time.

3. Social Policy and Government Programs

The group MDRC showed how behavior science can help social services. In one project, they sent simple reminders and easy forms to jailed parents in Texas so they asked to change their child support orders.

More people took action because the steps were clear and quick. This case shows how small changes in design can solve big social problems.

4. Corporate and Marketing Applications

At the 2024 Behavioral Science Annual, experts shared simple but strong ideas to fix tricky problems. Companies like Ogilvy showed how using these ideas can help businesses sell more and keep customers happy. By focusing on what people need and want, these tests made new ads and products work better.

5. Community-Based Participatory Research

Some projects asked people in the community to help plan and run studies. For example, Indigenous women living with HIV in Canada worked with health groups

and researchers. They chose topics, set goals, and shared results themselves.

This way, the work fit each community's culture and helped close gaps in health and well-being.

6. Evidence-Based Policy Development

The White House set up steps for using behavior science in making laws. They saw that small tests and data can make rules work better and help more people.

These guides show how to plan, test, and track policy steps so government actions truly improve health, safety, and fairness.

Must Read: [200 Creative Leadership Project Ideas For Students](#)

Conclusion

Behavioral and social science project ideas give students fun chances to see how people think, act, and work with others. These activities help kids learn why people act differently in many situations and how groups work together.

Students can explore subjects like friendship habits, family traditions, classroom actions, or neighborhood helpers with easy tests and observing. These project ideas urge kids to ask about the world near them and get answers by doing careful research and collect data.

These studies teach important skills like watching, gathering facts, and clear thinking while making learning fun and helpful. Children find out how feelings change choices, how teams cooperate, and why people obey some rules.

Through these projects, kids gain deeper knowledge of themselves and others, growing kindness and strong social skills that will help them for life.

 [Project Ideas](#)

[< How to Use INDEX and MATCH in Excel – Step-by-Step Guide](#)



AVA COMATOZ

Hi, I'm Ava Comatoz – an Excel expert and project idea creator with over 10 years of experience. I've worked in the USA, helping companies improve their work with better spreadsheets, powerful dashboards, and smart Excel solutions.



Best Excel Tips

Best Excel Tips makes learning Excel simple. We give you easy guides, fun project ideas, and helpful tools. Our goal is to help you get better at Excel and use it with confidence.

Contact Us

423 Maplewood Lane
Springfield, IL 64704
USA

(565) 123-4767



Copyright © Best Excel Tips | All Rights Reserved

[Privacy Policy](#) [Terms of Service](#)