

2025-2026 science fair logbook

By Mahi and Gurleen 9B



<u>Date</u>	<u>Summary of work you have done</u>
<u>December 1, 2025</u>	We researched different topics for our science fair, the ideas we got were <ul style="list-style-type: none">• Targeted memory reactivation• Energy drinks and brainwaves• Using digital media for steganographic purposes.
<u>December 2, 2025</u>	Today we chose our science fair topic. We chose: targeted memory reactivation. Investigate if targeted auditory cues during deep sleep can strengthen memories. We also got a title: Whispers to the sleeping brain.
<u>December 4, 2025</u>	We started on the table of contents and the research question: Why do targeted auditory cues presented during deep sleep lead to stronger memory retention.
<u>December 6, 2025</u>	Today we started on the introduction and why we chose this topic. We also continued on the table of contents.

<u>December 9, 2025</u>	We started on the hypothesis slide but rethinking our life decisions.
<u>December 11, 2025</u>	We started putting in all the slides that we needed into the presentation.
<u>December 14, 2025</u>	We started researching our topic and picking out the important information.
<u>December 18, 2025</u>	We finalized our topic and we decided on what background information is necessary for our topic.
<u>December 19, 2025</u>	We redid and completed the introduction slide. Also we started on what parts of the brain where memory retention occurs.
<u>December 25, 2025</u>	We started researching what parts of the brain are connected to memory retention and finished half of that slide.
<u>December 27, 2025</u>	We started and completed our hypothesis slide.
<u>January 3, 2026</u>	We completed the “What are auditory cues” slide and added pictures to the science fair slides.
<u>January 5, 2026</u>	We finished the “What is memory retention” slide and we fixed any grammar mistakes made so far.
<u>January 7, 2026</u>	We discussed what our model should look like so we have got the base idea. We also completed the “In what part of the brain does memory retention happen?” slide.
<u>January 8, 2026</u>	We started on two new slides and added information to the previous slides to enhance them. We also added slides about mental illnesses.
<u>January 9, 2026</u>	We found 2 different mental illnesses

	to research on and also we finished the “Why is memory retention most effective during deep sleep?” slide. We found a water sound for our model.
<u>January 12, 2026</u>	Today we finished the memory illnesses slide. We had 2 different illnesses: Alzheimer's and vascular dementia. We also fixed the pictures for some slides.
<u>January 13, 2026</u>	We got new slides about deep sleep and vivid dreaming and also about the forgetting curve. We also finished them.
<u>January 14, 2026</u>	We finished up every slide and we put the slides in order.
<u>January 19, 2026</u>	We fixed the grammar and any mistakes on every slide.
<u>January 21, 2026</u>	We got our sides and our trifold. We started to plan the layout.
<u>January 22, 2026</u>	We glued and pasted down every slide and bought decorations for the trifold.
<u>January 23, 2026</u>	We added the border, made the title and added gems to the trifold.
<u>January 26, 2026</u>	We added pictures to the trifold and the finishing details.
<u>January 27, 2026</u>	We started revising and making Q cards.