

**Title: Why do People Have Phobias?- Logbook**

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DATE	ACTION	RESOURCES USED	OTHER NOTES
September 13th 2024	I was looking for a specific topic.		I wasn't using a resource. I was talking to my parents/teachers.
September 20th 2024	Figuring out what subtopics I was going to do.		No resources used.
September 24th 2024	I started my research on what a phobia is.	<a href="#">Medical News</a>	
September 27th 2024	I was looking for what a fear is.	<a href="#">Kids Health</a>	
September 29th 2024	I was still looking on what a phobia is.	<a href="#">Medical News</a>	

September 30th 2024	I was still researching on what a phobia is.	<a href="#">Cedar Website</a>	
October 1st 2024	I was still looking on what a phobia is and writing my paragraph.	<a href="#">Cleveland Clinic - Phobias</a>	
October 2nd 2024	I was looking on what a fear is.	<a href="#">Kids Health</a>	
October 3rd 2024	I started researching on the difference of a fear and a phobia.	<a href="#">Gadsdenregional Website</a>	
October 7th 2024	I continued researching on the difference of a fear and a phobia.	<a href="#">Gadsdenregional Website</a>	
October 8th 2024	I started researching the limbic system.	<a href="#">Limbic System Basic Video</a>	
October 9th 2024	I continued researching the limbic system.	<a href="#">Physio Pedia</a>	

October 10th 2024	I continued researching the limbic system and wrote a paragraph for the difference between a fear and a phobia.	<a href="#"><u>Limbic System Intermediate Video</u></a>	
October 13th 2024	I started researching the brain.	<a href="#"><u>Basics of the Brain Hopkins Medicine</u></a>	
October 14th 2024	I continued researching the brain and wrote a paragraph on it.	<a href="#"><u>Mayo Clinic</u></a>	
October 15th 2024	I continued working on the limbic system.	<a href="#"><u>Cleveland Clinic - Limbic System</u></a>	
October 17th 2024	I wrote my paragraph for the limbic system.	<a href="#"><u>Research Document</u></a>	
October 18th - 24th 2024	I was working on my slideshow for the proposal.	<a href="#"><u>Proposal Slideshow</u></a>	

October 25th 2024	I was getting my slideshow edited.	<a href="#">Proposal Slideshow</a>	
October 26th 2024 - November 22nd 2024	I was writing my script and practicing my presentation.	<a href="#">Proposal Slideshow Script Docs</a>	
November 23rd 2024	I was adding pictures to my presentation.	<a href="#">Proposal Slideshow Script Docs</a>	
November 24th 2024	I was researching what happens in the body during fear and fear conditioning.	<a href="#">The Amygdala &amp; Fear Conditioning</a>	
November 31st 2024	I presented my proposal.	<a href="#">Proposal Slideshow Script Docs</a>	
December 6th 2024	I was working on my survey.	<a href="#">Phobia Survey</a>	
December 13th 2024	I put my survey to Schoology.	<a href="#">Phobia Survey</a>	

December 14th - 19th 2024	I was checking the responses.	<a href="#">Phobia Survey</a>	
December 20th 2024	I was researching fear conditioning.	<a href="#">Amygdala+Fear Conditioning</a>	
January 9th 2025	I continued researching fear conditioning and wrote the paragraph.	<a href="#">Amygdala+Fear Conditioning</a>	
January 10th - 23rd 2025	I worked on my presentation and rehearsed.	<a href="#">Presentation</a>	
January 25th 2025	I researched what happens in the body during a phobia.	<a href="#">Science Focus</a>	
January 31st - February 3rd 2025	I researched how to overcome phobias and did my paragraph for it.	<a href="#">Phobias-John Hopkins Medical News</a> <a href="#">Overcoming Phobias-Help Guide</a>	

February 4th - 7th 2025	I researched what happens in the body during a phobia and did my paragraph for it.	<a href="#"><u>Neurobiology of Worrying, Fear &amp; Anxiety</u></a>	
February 10th - 19th 2025	I edited all my research paragraphs.	<a href="#"><u>Research Document</u></a>	
February 20th 2025	I wrote my method and data sections and edited them.	<a href="#"><u>Research Document</u></a>	
February 21st 2025	I wrote my acknowledgements and my citations.	<a href="#"><u>Research Document</u></a>	
February 22nd 2025	I wrote my conclusion and edited it.	<a href="#"><u>Research Document</u></a>	
February 23rd 2025	I finished my slideshow and got it edited.	<a href="#"><u>Slideshow</u></a>	

February 24th - March 7th 2025	I worked on my script.	<a href="#">Script</a>	
March 10th 2025	Designing my trifold.	Canva	