

CYSF Logbook

Arooj Fatima

Project Title: *Neuroscience Behind Dreams*

Date: February 15th

Task Completed:

- Gathered research articles related to the neuroscience of dreams, focusing on how brain activity and sleep stages contribute to dream formation. I briefly reviewed the articles to understand the basics of dreaming and the roles different brain regions play.
- I also discovered the book *Neuroscience For Dummies* by Frank Amthor which seems like an excellent resource for my project. This book will help me get a deeper understanding of general brain functions.

Observations:

- The articles I reviewed have given me a solid base of knowledge. However, I realized that I need to dive deeper into specific brain regions, such as the prefrontal cortex and limbic system, to better understand how they influence dreams.
- *Neuroscience For Dummies* seems approachable and will clarify complex concepts.

Challenges:

- The main challenge I faced was the overwhelming amount of information I encountered. There are many articles and theories about dreaming, and I need to narrow my focus to the most relevant and accurate findings.

Next Steps:

- I will continue reviewing key topics in *Neuroscience For Dummies*, especially those that cover brain activity during sleep and the mechanisms that contribute to the formation of dreams.
- I plan to take notes on specific brain regions from the book, which will help me refine my research.

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Project Title: *Neuroscience Behind Dreams*

Date: February 18th

Task Completed:

- Reviewed key topics in *Neuroscience For Dummies*, focusing on brain activity during sleep and how different brain regions are involved in the formation of dreams.

Observations:

- The book provided a clearer understanding of basic brain functions, helping me better link the theory to my research on dreaming.

Challenges:

- While the book clarified many concepts, I still need to connect these ideas to specific findings in the articles I've gathered.

Next Steps:

- Begin rewriting the information from the first article in my own words for the research section of my project.

Arooj Fatima

Project Title: *Neuroscience Behind Dreams*

Date: February 20th

Task Completed:

- Rewrote key information from the first article in my own words, focusing on the brain activity during sleep and the connection to dream formation.

Observations:

- Rewriting the information helped me better understand the processes behind dreaming.

Challenges:

- No major challenges, but it took time to properly rephrase the complex concepts.

Next Steps:

- Continue writing information in my own words from the first article.

Arooj Fatima

Project Title: *Neuroscience Behind Dreams*

Date: February 25th

Task Completed:

- Finished rewriting the information from the first article in my own words. I now have a clear overview of the brain's involvement in sleep and dream formation.

Observations:

- Completing this task helped me write the information in a way that makes it easier to understand complicated topics.

Challenges:

- No significant challenges, the process was smooth.

Next Steps:

- Start gathering and reviewing information from the second article to continue my research.

Arooj Fatima

Project Title: *Neuroscience Behind Dreams*

Date: March 2nd

Task Completed:

- Started gathering and reviewing information from the second article. I took notes on relevant sections to integrate into my research.

Observations:

- The second article provided key information I needed for my research, which will be valuable for my project.

Challenges:

- No significant challenges. Although the article is short, it is really informative.

Next Steps:

- Continue gathering and reviewing information from the second article, with the goal of finishing this task.

Arooj Fatima

Project Title: *Neuroscience Behind Dreams*

Date: March 4th

Task Completed:

- Completed gathering and reviewing information from the second article, ensuring I have all the necessary details for my research.

Observations:

- The second article added valuable insights into the neural mechanisms behind dream formation, which I can now add into my project.

Challenges:

- No challenges, the information was clear and easy to understand.

Next Steps:

- Start reviewing the third article to continue gathering more data for my project.

Arooj Fatima

Project Title: *Neuroscience Behind Dreams*

Date: March 5th

Task Completed:

- Completed reviewing the third article and gathered additional articles for further research. Went through these new sources to extract relevant information for my project.

Observations:

- The third article deepened my understanding of the brain's activity during REM sleep and how it contributes to dream formation. The new articles I gathered provided diverse perspectives on different dream theories, which will be useful for broadening the scope of my project.

Challenges:

- There were some technical terms in the new articles that required extra time to research and fully understand.

Next Steps:

- Continue reviewing the new articles and integrate the relevant information into the project. Begin organizing data into the appropriate sections for the trifold board.

Arooj Fatima

Project Title: *Neuroscience Behind Dreams*

Date: March 15th

Task Completed:

- Gathered all the research and began going through it to organize and edit the information.

Observations:

- The research provides a solid understanding of dream mechanisms. Editing has helped me identify key points to include in the project.

Challenges:

- It was time-consuming to sift through the information and ensure everything was clear and well-organized. Some sections required clarification and rewording for better flow.

Next Steps:

- Continue editing and refining the content to ensure it is concise and clear.

Arooj Fatima

Project Title: *Neuroscience Behind Dreams*

Date: March 19th

Task Completed:

- Finalized all research and began brainstorming ideas for designing the trifold board.

Observations:

- All research is organized and ready for presentation. Brainstorming the layout of the trifold is helping me decide how to display the information clearly.

Challenges:

- Deciding on the best design and layout to ensure the information is both informative and visually engaging.

Next Steps:

- Finalize the design of the trifold board.
- Add all my research to the platform.

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Project Title: *Neuroscience Behind Dreams*

Date: March 21st

Task Completed:

- Added all research onto the platform and prepared for the next phase of the project.

Observations:

- All the research is now compiled in one place, making it easier to reference. Ready to begin working on the trifold and adding relevant sections.

Challenges:

- No major challenges today; the process of transferring the research went smoothly.

Next Steps:

- Begin working on the trifold board, adding the necessary information, visuals, and organizing everything for a cohesive presentation.