

2025/26 CYSF Logbook

	Date Started	Action	Type	Progress	Mentor Needed?	Other Notes
	September/12/2024	First class	Other	Completed	No	
	September/19/2025	Project Topic Thinking	Planning	Completed	No	Thoughts: How can we use unconventional methods such as equine therapy to help people with autism or other neurological conditions
		Presentation work	Presentation	Completed	No	
		Research	Research	Completed	No	The difference between a learning disorder and disability
	September/23/2025	Presentation work	Presentation	Completed	No	
	September/25/2025	Presentation work	Presentation	Completed	No	
	September/26/2025	Research	Research	Completed	No	Slight shift to instead of "learning, and developmental" To Neurodivergent specifically focusing on ADHD and the Autism spectrum
	October/01/2025	Presentation work	Presentation	Completed	No	
	October/03/2025	Research	Research	Completed	No	Using last year's research and pulling relevant information on equine therapy, canine therapy, and other research that can be used.
	October/04/2025	Research	Research	Completed	No	
		Presentation work	Presentation	Completed	No	
	October/06/2025	Meeting With Tavia	Meeting	Completed	No	
	October/08/2025	Presentation work	Presentation	Completed	Yes	Submitted first draft, citations and APA needed still
		Meeting With Leanne	Meeting	Completed	No	
	October/09/2025	Presentation work	Presentation	Completed	Yes	
	October/15/2025	Presentation work	Presentation	Completed	Yes	Everything finished except citations
	October/16/2025	Presentation work	Presentation	Completed	No	Citations Finished
	October/19/2025	Presentation work	Presentation	Completed	Yes	
	October/21/2025	Presentation work	Presentation	Completed	Yes	
	October/22/2025	Meeting With Mentor	Meeting	Completed	No	

2025/26 CYSF Logbook

Date Started	Action	Type	Progress	Mentor Needed?	Other Notes
October/23/2025	Presentation work	Presentation	Completed	No	
October/24/2025	Project Pitch Day	Other	Completed	No	- Qualitative verses quantitative
October/27/2025	Organizing	Organization	Completed	No	
October/30/2025	Organizing	Organization	Completed	No	
November/03/2025	Organizing	Organization	Completed	No	
November/06/2025	Accepted into CYSF	Other	Completed	No	
November/08/2025	Research	Research	Completed	Yes	- Look into VR
November/10/2025	Research	Research	Completed	No	
November/20/2025	Meeting With Carmen	Meeting	Completed	No	Focus on self-regulation, and a sensory card.
November 23/2025	Emailing	Meeting	Completed	No	
November/26/2025	Emailing	Meeting	Completed	No	
November/27/2025	Emailing	Meeting	Completed	No	
November/28/2025	Research	Research	Completed	No	
December/01/2025	Research	Research	In Progress	No	Making connections on previous research —> the idea of HeartMath and how it connects to my topic.
December/03/2025	CYSF Platform	Other	Completed	No	Meeting next Monday
December/04/2025	Emailing	Meeting	Completed	No	Meeting moved.
December/07/2025	Meeting	Meeting	Completed	No	Teaching youth with autism strategies through therapeutic riding.
December/10/2025	Meeting With Leah	Meeting	Completed	No	
December/15/2025	Research Paper Work	Research	Completed	No	
December/16/2025	Research Paper Work	Research	Completed	No	
December/19/2025	Research Paper Work	Research	Completed	No	Sent the paper to mentor, and professionals
December/20/2025	Research Paper Work	Research	Completed	No	
December/26/2025	Research Paper Work	Research	Completed	No	Working on organizing the paper, and adding autism criteria
December/30/2025	Emailing	Meeting	Completed	No	
January/01/2026	Emailing	Meeting	Completed	No	

2025/26 CYSF Logbook

Date Started	Action	Type	Progress	Mentor Needed?	Other Notes
January/02/2026	Emailing	Meeting	Completed	No	
January/02/2026	Research Paper Work	Research	Completed	No	
January/03/2026	Research Paper Work	Research	Completed	No	
January/03/2026	Meeting with Cynthia	Meeting	Completed	No	
January/05/2026	Presentation work	Presentation	Completed	No	
January/06/2026	Presentation work	Presentation	Completed	No	
January/07/2026	Research Paper Work	Research	Completed	No	
January/07/2026	Meeting With Mentor	Meeting	Completed	No	
January/08/2026	Presentation work	Presentation	Completed	No	
January/09/2026	Present to Teachers	Presentation	Completed	No	
January/13/2026	Research Paper Work	Research	Completed	No	
January/15/2026	Research Paper Work	Research	Completed	No	
January/17/2026	Research Paper Work	Research	Completed	No	
January/18/2026	Emailing	Meeting	Completed	No	
January/21/2026	Research Paper Work	Research	Completed	No	
January/26/2026	Planning and Work	Planning	Completed	No	Need to research: Therepeutic Riding, Equine Assisted Learning, Add pictures for the different programs, Finish formatting data, sources of error, future studies
January/29/2026	Research Paper Editing	Research	Completed	Yes	Ask questions for all comments left unresolved, and ask for the rest of the comments maade later
January/30/2026	Research Paper Editing with Mentor	Meeting	Completed	Yes	Made it through about half of the paper
February/03/2026	Research Paper Work	Research	Completed	No	
February/06/2026	Research Paper Editing with Mentor	Meeting	Completed	Yes	
February/09/2026	Research Paper Editing	Research	Completed	No	
February/10/2026	Research Paper Editing with Mentor	Meeting	Completed	Yes	Go from "Brain Chemical" sections - formatting and table

2025/26 CYSF Logbook

Date Started	Action	Type	Progress	Mentor Needed?	Other Notes
February/11/2026	Research Paper Work	Research	Completed	No	
February/13/2026	Research Paper Editing with Mentor	Meeting	Completed	Yes	
February/15/2026	Research Paper Work	Research	Completed	No	
February/16/2026	Research Paper Work	Research	Completed	No	Looked into TR, and formatted some data
February/21/2026	Research Paper Work	Research	Completed	No	
February/24/2026	Meeting with Ms. Maddison	Meeting	Completed	Yes	Learning table, figure and image citing, tables with more than one source. Also formatted data
February/24/2026	Research Paper Work	Research	Completed	No	
February/25/2026	Research Paper Work	Research	Completed	No	
February/26/2026	Research Paper Editing with Mentor	Meeting	Completed	Yes	Paper Finalized Today
February/27/2026	Finalizing Paper	Research	Completed	No	
February/28/2026	Presentation Work	Presentation	Completed	No	
February/28/2026	Upload Research to Platform	Other	Completed	No	
March/01/2026	Record Video	Presentation	Completed	No	
March/02/2026	Finalizing Everything	Organization	Completed	Yes	
March/03/2026	Everything finished, uploaded	Organization	Completed	No	