

Science Fair
2024-2025
Gobind Sarvar School
Calgary, Alberta, Canada



Grade 11
Harneet Kaur and Manpreet
Chahal

Grade 11 Science Fair Logbook

Partners: Harneet & Manpreet

Started: November 22, 2024

Topic: Effective study schedule

Testable question: *What is the reason for high school students' grade averages to be dropping after the pandemic, and how can we prevent this from happening?*

November 22, 2024

4:00 - 5:00

Manpreet and Harneet worked on finding a topic.

November 23, 2024

3:25 - 5:32

Harneet and Manpreet added a couple more topics and numbered them by preference and categorized them as experimental or research based

November 24, 2024

Manpreet and Harneet deleted topics and adding different ones according to our preference, as well as more interactive experiments

November 25, 2024

5:10pm - 5:46 pm

Harneet and Manpreet added a couple of more topics and numbered them by preferences and also categorized them as Experimental and Research based.

November 26, 2024

Ms. Fauzia went through our topics to approve one, and they told Manpreet and Harneet to revisit them again and look for new ones

Harneet and Manpreet are deleting topics and adding different ones to give more diversity in the topics, as well as including more interactive experiments. Harneet and Manpreet are deleting topics and adding different ones to give more diversity in the topics, as well as including more interactive experiments

December 1st, 2024

5:30pm - 6:56pm

Manpreet and Harneet looked for new topics and found five, we added them to our proposal and Harneet emailed them to Mrs. Fauzia for approval.

Manpreet and Harneet both logged off at 6:56.

December 3rd, 2024

Harneet and Manpreet receive an email from Ms. Fauzia, giving them some ideas and information on possible topics

December 6th, 2024

10:20 am - 10:50 am

Mrs. Fauzia liked the effective study method topic but also recommended other topics, she told us to decide between the options. Manpreet and Harneet started researching the topics to help us make a decision and finished at 10:38. At 10:40 our topic was approved.

December 8, 2024

1:43- 6:10

Harneet and Manpreet started the doc for the science fair. Harneet and Manpreet started researching some background information.

2:19pm

Manpreet makes slides and starts adding background information with Harneet
Harneet Starts writing the basic information

3:30pm

Manpreet and Harneet take a break

4:30pm

Manpreet and Harneet research how to conduct a survey and how to do the experiment. At 5:30, they added some research questions. At 6:10 they log off.

December 16, 2024

5:17pm -5:28pm

Manpreet is formatting the google slides and started the Hypothesis And finished around 5:18
Manpreet also finalized the testable question which is, "What is the reason for high school students' grade averages to be dropping after the pandemic, and how can we prevent this from happening?"

January 2, 2025

1:30pm - 3:05pm

Harneet and Manpreet finalize and add some questions

Harneet added the questions: What is burnout? Why does burnout occur? Burnout relation to pandemic? Symptoms of burnout? Statistics about burnout?

Manpreet added the proper experiment format by adding the conclusion, applications etc

Manpreet finishes the abstract at 3:04

Manpreet and Harneet log off at 3:05

January 4, 2025

4:30pm-6pm

Harneet and Manpreet continued to work on background research

Harneet and Manpreet confirm questions for the experiment

Manpreet finishes the hypothesis at 5:16

Harneet finished the question "What does attention span mean" 5:18

Harneet finished the purpose at 5:25

Manpreet finishes the question "What causes lower attention spans" by 5:30

Harneet finished the question "Impact of lower attention spans" at 5:48

Manpreet finishes the question "What are some solutions to increase attention spans" by 5:59

Manpreet and Harneet log off at 6

January 7, 2025

4:25pm - 6pm

Manpreet finishes the question "Connection with attention span and grades dropping" at 4:35

Harneet finishes the question "Connection of attention span and pandemic" at 4:45

Manpreet and Harneet takes at break till 5:20

Manpreet finishes the question "What is mental health" at 5:30

Harneet finishes the question "Why has mental health gotten worse" at 5:55

Manpreet finishes the question "Why is mental health important" at 5:55

Manpreet and Harneet log off at 6

January 11, 2024

6:30pm - 10:49pm

Manpreet finished the question "factors which negatively affect mental health"

Harneet finished the question "how can we improve mental health"

Manpreet and Harneet took a break at 8:37

Manpreet finished the question "connection of mental health the pandemic"

Harneet finished the question "connection of mental health to grades dropping"

Manpreet and Harneet made a separate doc to create some survey question examples

Manpreet and Harneet created the survey, making a 17 question, long answer, rating survey

Manpreet and Harneet found graphs and pictures that were needed.

Manpreet and Harneet edited all the slides, making sure they were good in mechanics

Manpreet and Harneet added more relevant images, completing all background information

Manpreet and Harneet both log off at 10:49 pm, leaving the call and the documents

January 17, 2025

11:00 - 11:42

Manpreet turned all the questions into headings

Harneet made of list of people we are sending the survey to

Manpreet and Harneet finalize the list

Manpreet and Harneet update Ms. Fauzia on their process, getting a sign of approval

Manpreet and Harneet both log off at 11:42

January 18, 2025

12: 00 pm - 12:30 pm

Harneet and Manpreet talk more about how they are going to create the solution, and start to divide the work

Manpreet is assigned the weekends schedule, while Harneet gets the weekdays

They both log off at 12:30

7: 30 pm - 8: 20 pm

Manpreet does her schedule, while researching proper ways to study efficiently and effectively

Manpreet finishes the Weekend schedule at 8:20 pm

Manpreet Logs off

10:50 pm - 11:22pm

Harneet starts to create weekday schedule, which finding effective study schedules

Harneet finishes the weekday schedule at 11:20pm

Harneet Logs off

January 19, 2025

Manpreet and Harneet send out schedule with rules and expectations

January 28, 2025

3:10 pm -3:30 pm

Manpreet and Harneet talked to Ms.Fauzia about the survey and how to proceed

Ms. Fauzia gave the feedback and explained how the mechanics of the project should be.

Manpreet and Harneet got approval

January 30, 2025

9:47- 11:12

Manpreet and Harneet make the survey

They figure proper questions to test the reliability of their study schedule

They send it out to the participants and wait for results

They log off

January 31, 2025

11:05am - 7: 34pm

Manpreet finished analysis at 11:15

Harneet finished variables at 11:10

Manpreet added to variables at 11:15

Manpreet finished sources of error at 11:30

Harneet finished application at 11:30

Manpreet finished adding data at 11:50

Harneet finished acknowledgements at 11:35
Manpreet edited the acknowledgements
Harneet finished going over all the slides and proof reading them at 12:00
Harneet and manpreet took a break from 12:00 - 2:30
Manpreet finished analysis at 2:50
Harneet finished solution results at 2:50
Manpreet and harneet both take a break from 3- 7:15
Manpreet starts the conclusion at 7:17 and finishes it at 7:34

February 2, 2025

2:00 pm - 3:07 pm

Manpreet starts the observation 2: 00 pm and Finishes at 2:20
Harneet focuses on formatting the slides
Harneet logs off
Manpreet continues to format
Manpreet finishes format at 3:07

February 3, 2025

4:00pm- 10:00 pm

Manpreet and Harneet go to Micheals to buy Cardstock
Manpreet and Harneet get their information printed out
Harneet and Manpreet start cutting the information and pasting on the cardstock
Manpreet and harneet cut and paste the cardstock on the trifold
They make the title
They both log off.

February 4, 2025

Manpreet and Harneet are practicing and reviewing their slides, practicing for their presentation

February 5, 2025

9:00 am - 3:00 pm

Manpreet and Harneet have their in school science fair
Manpreet and Harneet have three judges, Mrs, Kury, Dr Freeman, and Mr. Kevin and received positive feedback
Manpreet and Harneet wrap up

February 14, 2025

Manpreet and Harneet receive their trophy and certificates for winning first place

February 16, 2025

Manpreet and Harneet choose to redo their solution experiment, adding 10 people to it, to solve one of their sources of error
Experiment starts.

February 31, 2025

Experiment ended, and new results come in
Manpreet and Harneet redo their data and analysis, but see similar results to the first experiment

March 1, 2025

Ms. FAuzia has a meeting with all finalists and talks about the CYSF portal and Regionals
Manpreet and Harneet began to start editing and updating

March 2- March 20- Attended meetings with the Coordinator. Updating and editing information for science fair and uploading of website