**Science Fair Log Book**

**Project Title:** How Childhood Trauma Affects Emotional Control and Trust in Adulthood  
 **Team Members:** Zahra & Rawan  
 **Date Started:** [Dec 27 2025]  
 **Science Fair Date:** [April 11th 2025]

### **Week 1: Project Planning**

**Date:** [Dec 27th 2025]  
 **Tasks Completed:**

* Chose research topic.
* Discussed ideas and questions.
* Created a rough outline of the project sections: question, introduction, purpose, research summary, future applications, procedure, data, and analysis.
* Assigned tasks: Zahra will focus on research and writing, Rawan will assist with data analysis and organization.  
   **Challenges:**
* Deciding on a clear research focus and scope.  
   **Next Steps:**
* Start gathering sources for research summary.
* Define research question clearly.

### **Week 2: Research Phase**

**Date:** [Jan 2nd 2025]  
 **Tasks Completed:**

* Collected research from academic articles and psychology studies.
* Summarized key points on childhood trauma, emotional regulation, and trust issues in adulthood.
* Started drafting the research summary section.  
   **Challenges:** Difficult to summarize different research studies
* Finding reliable sources that focus on both emotional control and trust.  
   **Next Steps:**
* Finalize the research summary.
* Begin working on the introduction and purpose sections.

### **Week 3: Writing & Refining Research**

**Date:** [Jan 9th 2025]  
 **Tasks Completed:**

* Finalized research summary.
* Wrote the introduction and purpose sections.
* Discussed possible ways to present findings (charts, case studies, examples).  
   **Challenges:**
* Making sure our introduction is engaging and clearly explains why this topic is important.  
   **Next Steps:**
* Start drafting the procedure and methodology.
* Look into potential survey questions for data collection.

### **Week 4 Data Collection & Analysis**

**Date:** [Jan 12th 2025]  
 **Tasks Completed:**

* Compared 5 studies to see which outcome of childhood trauma was the highest
* Compared 7 studies to see which was the most effective treatment for victims of childhood trauma
* Started organizing data into tables and charts.  
   **Challenges:**
* Making sense of varying responses and categorizing them.  
   **Next Steps:**
* Complete full data analysis and integrate findings into our report.

### **Week 5: Writing Data & Analysis Section**

**Date:** [Jan 19th 2025]  
 **Tasks Completed:**

* Wrote data section, including tables and graphs.
* Started writing the analysis, discussing key findings.
* Began drafting the conclusion.  
   **Challenges:**
* Making sure our analysis connects back to our research.  
   **Next Steps:**
* Refine analysis and conclusion.
* Work on potential future applications.

### **Week 6: Finalizing Project & Presentation Prep**

**Date:** [Jan 22nd 2025]  
 **Tasks Completed:**

* Finalized all sections of the report.
* Edited for clarity and accuracy.
* Designed a visually appealing presentation (poster/slides).
* Practiced explaining key findings and answering potential questions.  
   **Challenges:**
* Managing time effectively for presentation practice.  
   **Next Steps:**
* Continue practicing presentation.
* Make final adjustments based on feedback.

### **Week 7: Science Fair Week!**

**Date:** [April 11th 2025]  
 **Tasks Completed:**

We have finally completed our science fair and are very excited to present it to everyone.