

Title: The effects of social media on adolescents Logbook

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DATE (day/month/year)	ACTION (what did you complete in the last week)	RESOURCES USED (websites, textbooks, mentorship, videos)	OTHER NOTES (goals for next week,)
29/9/2023	Read articles	Pubmed	
6/10/2023	Worked on form for project	Google docs and google forms	
13/10/2023	Refined forms	Google forms	
20/10/2023	Started presentation	Google slides	
27/10/2023	Worked on presentation	Google slides	
3/11/2023	Worked on presentation	Google slides	
10/11/2023	Refined presentation	Google slides	

17/11/2023	Project Proposal, and listened to others presentation	Google slide	
24/11/2023	Download papers to read	PubMed	Read more papers until next week
1/12/2023	Worked on logbook, put my info on CYSF	Google docs	
8/12/2023	Refined all my forms and edited them	Google forms, CYSF	
15/12/2023	Read website	https://docs.google.com/forms/d/1trsFheiS_lq8HgThNl3H7DE-uhLlsavD-q1mns0z7f0/edit	Finish reading website and take notes
03/01/2024	Rough drafted the email to the parents with consent forms. Sent an email requesting to record a presentation for online safety that may help with my project.	Google docs, gmail	Finalize the email to parents
08/01/2024	Email sent for final Worked on methodology	CYSF website google docs	
12/01/2024	Started a poster to hang on the wall around my school to get more participants	Canva Google docs	

19/01/2024	Sent a consent form to seven parents got permission for one participate	Google docs and email	
9/02/2024	Sent out lots of forms and received answers. Worked on paper and presentations	Google docs and google slides.	
29/02/2024	Work on paper and data analysis.	Google slides and google forms.	
8/03/2024	Final edits on paper and finish research. Perfect slides	https://www.camh.ca/en/diving-change/the-crisis-is-real Google Docs	
11/03/2024	Presentation finalized Paper finalized Presentation recorded	Zoom, CYSF platform, Google docs and slides	