

Lab Journal

A reflection should be included after each lab that you do in this class. Place this reflection in your lab notebook, directly after the completed lab with questions. In your reflection, you should include a detailed answer to several of the questions that are listed below. You may add anything else that you think is relevant as well.

Questions to consider as you do your reflection:

1. What are you being asked to do and why?
2. What do you think about what you see and do?
3. What questions do you have about what you are being asked to observe, research, or do?
4. What new ideas and questions are you asking yourself related to the activity? What else do you know? What questions do you have that you would like to answer by developing an experiment?
5. What did you accomplish today?
6. What are the investigations that you are doing?
7. What questions are you trying to answer?
8. What procedures did you use to answer the question?
9. What did you learn as a result from experimenting?
10. What can you conclude as a result of your experiments/investigations? Use evidence to support your conclusion.
11. How are my conclusions you drew different from what you had thought prior to the investigation?
12. What is your opinion of what you did in the experiment?
13. What did you contribute? What do you wish you contributed but were not able? What kept you from being able to contribute the way you would have liked to?
14. What really worked for you? Why?
15. What was not so successful for you? Why?
16. What would you like to improve upon? How can you make these changes?
17. How is what you are doing relevant to what you are learning?
18. What else would you like to explore? What if you had done one thing differently? How would that have affected events? Be specific.
19. How can you relate this to the real world? Give specific examples where this information can be useful.