the effect of being outside on the human mind and body and how different experiences are improved while outside as well as different environmental effects

(25 words)

Review

The 1st week in the weekly milestone document starts by learning how the course will work and getting to know the other students in the class through personality tests, rhetorical questions, and games. The end of week one involved learning about project based learning and learning how to format my weekly milestone document to a basic level. The start of week 2 was learning more about how to make a weekly milestone document through looking through 7 documents and finding the 2 worse ones and the best one.

I started taking notes on the 4 phase notes slides and learned how each phase works and what I should be looking for in each phase. At the end of week 2 I started to work on my Defining phase document and had thought up the research question I would be working on for the rest of the semester. On week 3 I started by making my scope statement for my first draft of my Defining phase document. I worked on determining my stakeholders and then revised and submitted my document's first draft.

In week 4 I started by looking at some potential jobs for me and found math, engineering, and biology are all good fields of work for me. Then I started to work on my second draft of my weekly milestone document. I was told I was very vague and so I just added more information to my document, looking at other people's DFD and comparing what made theirs better than mine. At the end of the week I was half through my second draft and I was still struggling with my weekly milestone document and was looking for advice to make my document better.

On week 5 I went back through my document and highlighted it, and finished self revving. I also reviewed my weekly milestone document with Nikhil and submitted my second draft of the defining phase document. On week 6 I started my 3rd third draft of my weekly milestone document and started highlighting it in a different color and then I had a discussion with mister Meyer and found out that I need to figure out why I am making it on my topic and that helped me know how to make defining phase document better. On week 7 in my defining phase document I worked on my Scope statement, my Deliverables, and the Assumptions category. I did a bit of revving of the work that I did (but I did not submit it) and I started to check out the work on the planning phase document.

On week 8 I wrapped up on my defining phase document by working on the stakeholders and I did a bit of touch up on my document. I started to work through my first draft and by the end of my 2ed day I submitted it. On week 9 I worked on my second draft of the planning phase and reworked on my Gantt chart that I had messed up on last time. I asked Mr. Meyer a few questions about the chart and then finished and submitted my second draft. I was happy with the grade I got on the planning phase so I just started with the doing phase work. I started reading a book Mr. Meyer gave me a book called Last Child in the Woods.

On week 10 I made a bibliography for the book and used it to hold key information about Last Child in the Woods. Then I started to take a good amount of notes every day. I started taking notes on why people have been going outside less and less. At the end of week 10 I started taking notes on how nature is a good way to ease your mind. On week 11 and started taking notes on how humans' lack of connection with nature causes a negative effect (in most ways) on nature via pollution, removal, etc. At the end of week 11 I found a bit of information on vitamins in the book and how they correlate bad health with the lack of exposure to nature humans are getting.

On week 12 I emailed some biology teachers and asked them If they could provide any links for my project. Afterward I got an email back with a link to a paper with probably the best link that I got for the entire project. I started taking notes on specific parts of the effect of greenspace on the body. On week 13 I did some research online. I took notes on the effect of

the outdoors on sleep, lungs, brain, heart, self esteem, disease, and more. Week 13 was helpful in getting common information that hadn't been available to me.

On week 14 I started making my paper on the information I had been getting throughout the semester. I had made half of my paper in one week which I think is pretty good. On week 15 I started to wrap up the final part of my paper and in 2 days I submitted it to the capstone project drop box. At the end of week 15 I started making this paper and wrote about 350ish words of it.

Word count total document (908)

Word count of review (870)