

notebook will be able to replicate your activities. In other words, details are important! If you add 10mL of 0.1 M HCl to 200mL of water, don't write down "added HCl to water", because it would be unclear what concentration the HCl was, how much you added, and how much water you added it to. Your notes should be a full and complete record of your activities in lab.

- We are also going to use your lab notebook for exercises in metacognitive learning. Studies have shown that students have improved understanding and memory when they think explicitly about the learning process. Your lab notebook will be one way in which you formally THINK about how you are learning from lab.
- You will often be working in groups, but each individual's lab notebook should be a stand-alone record of the experiment.
- Number every page
- Every entry begins with the date in MM/DD/YYYY format and the time of day
- Keep a table of contents in the front of your lab notebook that is updated every week
- If you make a mistake, just cross it out; don't remove pages
- Begin each lab on a new sheet of paper

Lab Notebook Format: Follow this format, you will be graded on having an entry for each numbered item in the following guidelines. Some labs may require additional information and sections, but all labs will have the following items unless you are told otherwise.

1. Title and Date (1 pt)

Use this title in the Table of Contents in your lab notebook

2. Purpose/Objectives (1 pt)

Scientific purpose not educational one

3. Introduction (2 pt)

Theory, hypothesis, and prediction etc

4. Materials and Methods (2 pt)

5. Results (2 pt)

Record the results of your experiment, including every pertinent detail. Always transfer your group's results to your lab notebook. This includes recreating any tables or graphs from your lab manual in your lab notebook.

6. Discussion/Conc0.002CE(s)-x(i)-3(c)uEMC /P (x)-33(e)- (2 pt)

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7. TENTATIVE LAB SCHEDULE AND TOPICS

Date:	Topic:	Assignments
Aug 18	Lab Safety and General Lab Introduction : : "The Black Box" - Scientific Method;	
Aug 25	: Basic Light Microscopy	Quiz 1
Sept 1	Labor Day Week – No Lab	

Sept 8 : Observation of Living Cells with Light
Microscopy. In 161.88 583.44 Tm(M)1(i)6(crE Q80.76 635.64 0.72 0.72 refkg 635.64 0.72 0. 635.tTc -0