

# Notebook Check №2

Brain Studies

October 23, 2024

Name and Block: \_\_\_\_\_

## General Instructions

1. Name and block on front cover. \_\_\_\_\_
2. This paper folded in half, lengthwise in front of Entry 1. \_\_\_\_\_
3. Each entry is titled as indicated below \_\_\_\_\_

## Entries

1. **Teen Stress Test** Score reflection \_\_\_\_\_
2. **Sleep Study Project** Data table and narrative \_\_\_\_\_
3. **Neurofeedback** Response to articles assigned on 15 Oct. \_\_\_\_\_
4. **Progressive Muscle Meditation** Heart rate data and reflection \_\_\_\_\_
5. **Autogenic Meditation** Heart rate data and reflection \_\_\_\_\_
6. **Guided Imagery Meditation** Heart rate data and reflection \_\_\_\_\_
7. **Cortisol Lowering Diet** Outline of key points from video \_\_\_\_\_
8. **Self Medication** Lecture/discussion notes \_\_\_\_\_

\_\_\_\_\_ / 50

## Notebook Check 2 Comment Bank

The following will decipher the circled letter comments found in your notebook.

- a) These responses don't reflect serious and thorough thought on the questions asked. You'll need to spend more time for the next notebook check.
- b) If you can read your writing, great! However, if others need to read your work try to improve the readability.
- c) Sloppy. Carefully fold and tape pages in to ensure they do not fall out.
- d) Expand upon this answer. Give evidence and/or examples to support your answer.
- e) Good response! It demonstrates that you gave it some thought before responding.
- f) Write down the **Daily Agenda** and **Guiding Question** each day.
- g) If you are absent it is your responsibility to talk with a classmate and update your notebook.
- h) What you have shown me is good but the notebook is incomplete.
- i) Very good notebook! You have good organization and the notes for the textbook reading are a good level of detail.