

30 Day Semester Project

~~Rehan Khan~~

SAMPLE B Grade Report

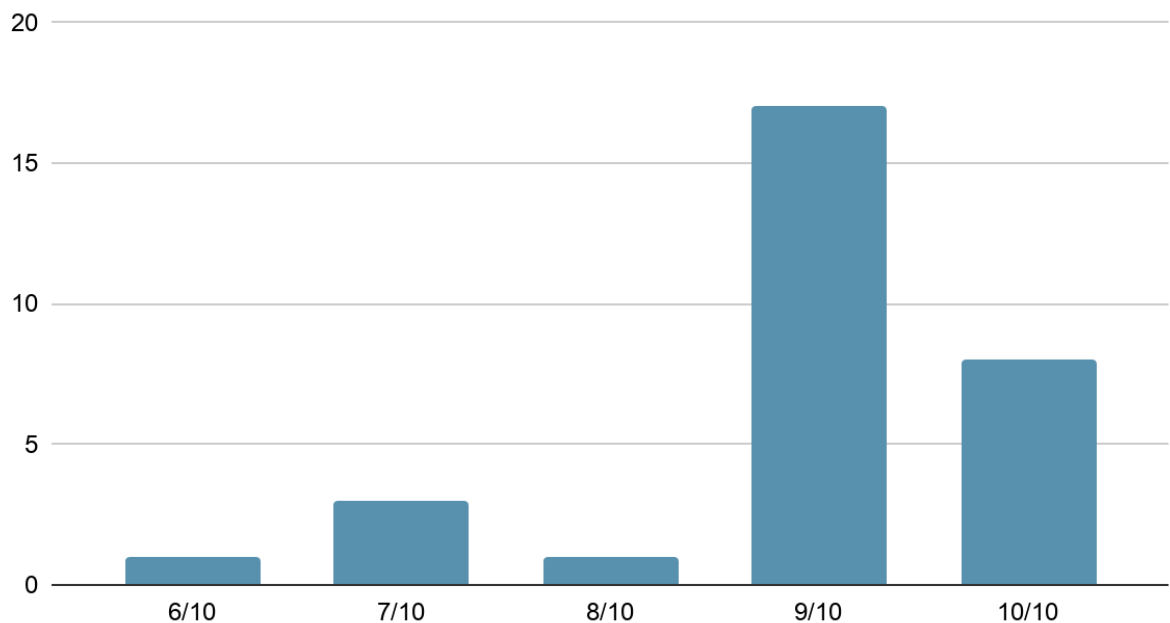
Plan for 30 Day Project Addition and Subtraction

For my Semester Project, I planned to improve my sleep schedule by reforming my nightly habits. The first component of improving my sleep will be going to bed earlier, specifically by sleeping at 9:00-9:30 P.M. This is the specific addition I am completing for my 30 day project: sleep. I also plan to change what I do before I go to sleep. Instead of being on my phone late at night, I plan to read a book an hour before bed. I'm going to start with "The Road" by Cormac McCarthy as my father recently bought it for me. I'm doing this because research shows that eliminating blue light (which is emitted by cellular devices) before going to bed is better for sleep. Thus, the specific subtraction for my 30 day project is electronic usage, specifically before going to sleep. I am doing this for my Semester Project because I often find myself on many nights staying up using my phone until 12:00 A.M or 1:00 A.M. I wake up around 7:30 every morning, so I want to get a sufficient amount of sleep every night. I also hope that a better night of rest will result in a better start to the day for me each morning. Also, this plan for my sleep schedule will only be applied to school nights, as I think it will be extremely difficult to do it during the weekend. I want my goal to be sustainable and achievable, so I am only going to do this on nights where I have school the next day. To make it more clear, I will be doing it Sunday, Monday, Tuesday, Wednesday, and Thursday.

Data Analysis Process

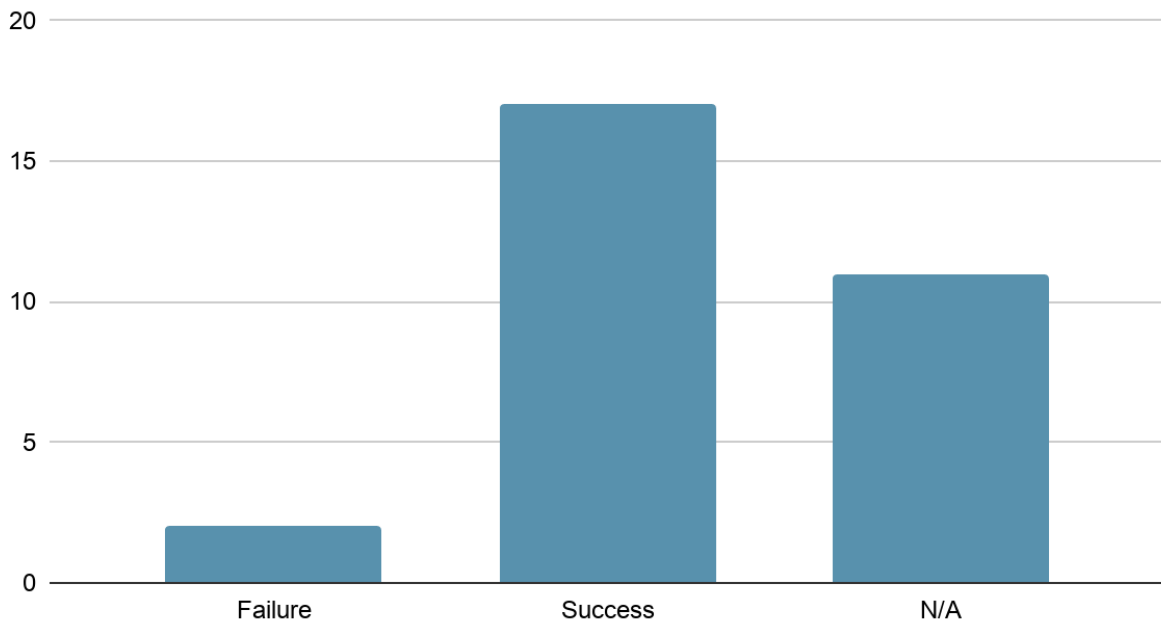
1. The purpose of this project was to assess whether or not I was successful in completing both my addition and my subtraction each day. Thus, a success is defined as completing both the addition (at least 9 hours of sleep) and the subtraction (no electronic usage an hour before going to sleep); a failure is defined as the inability to meet either the addition or subtraction, or both.
2. Data was measured by defining each day as either a success or a failure, through the definitions of each previously mentioned. I also noted my mood for each day with both a qualitative (numerical value out of 10) and quantitative measure (emotional descriptor). To assess the results of my mood, only the qualitative measure will be used.
3. Data was collected on a spreadsheet that mimicked a calendar in the sense that it had each day of the month. For each day, it was noted whether it was a success or failure, additional details, and my mood for that day. Days marked “N/A” were days I decided ahead of time not to assess for data (non-school nights), but they still included mood and additional details. See pages 5-6 for the calendar.
- 4.

Daily Moods



Graph 1 (above)

Failure/Success Rate



Graph 2

From a preliminary analysis of both the visuals, it is apparent that the overall results of this project are largely successful and beneficial. There is both a majority of 9/10 and 10/10 moods on *Graph 1* and a majority of Successes on *Graph 2*.

5. Across the whole month, my daily mood was an average of 8.9333, which is an average I am very satisfied with. Excluding the N/A days during the month, the proportion of successes was 0.8947. Assuming this proportion remains true for an entire school year, it was calculated that out of 180 school days (approximate amount of school days in a year), I would successfully get at least 9 hours of sleep and not use electronics an hour before bed for 161 of those days.
6. From this data, it can be learned how relatively successful I am at my chosen addition and subtraction. Furthermore, since I recorded my mood for each day too, it is possible to assess any potential correlation between my mood and my success in my addition and subtraction. While there may be a correlation, it would not be possible to tell whether my success caused my mood to change or if my mood altered my success. For example, it's possible that I got less sleep because I was stressed that day and it's also possible I was happier one day because I got sufficient sleep the night before. Overall however, I think my general success in this project had significant benefits to my life, and I am glad I picked the subtraction and addition that I did.

30 Day Calendar

Date	Success/Failure	Additional Details	Self- Reflection on Mood
4/1/21	N/A	Spring break	Happy;7/10
4/2/21	N/A	Spring break	Happy;7/10
4/3/21	N/A	non-school night	Happy;7/10
4/4/21	Success	went to bed at 9	Motivated;9/10
4/5/21	Success	went to bed at 9	Motivated;9/10
4/6/21	Success	went to bed at 9	Motivated;9/10
4/7/21	Success	went to bed at 9	Motivated;9/10
4/8/21	Success	went to bed at 9	Motivated;9/10
4/9/21	N/A	non-school night	Great; 10/10
4/10/21	N/A	non-school night	Great; 10/10
4/11/21	Success	went to bed at 9	Very good;9/10
4/12/21	Success	went to bed at 9	Very good;9/10
4/13/21	Failure	Start of Ramadan;failed both addition and subtraction	Happy;8/10
4/14/21	Success	went to bed at 9:30	Motivated;9/10
4/15/21	Success	went to bed at 9:30	Motivated;9/10
4/16/21	N/A	non-school night	Great; 10/10
4/17/21	N/A	non-school night	Great; 10/10
4/18/21	Success	went to bed at 9:30	Very good;9/10
4/19/21	Success	went to bed at 9:30	Very good;9/10
4/20/21	Success	went to bed at 9:30;finished reading "The Road"	Very good;9/10
4/21/21	Success	went to bed at 9:30, started reading "Vinland Saga"	Very good;9/10

4/22/21	Success	went to bed at 9:30	Very good;9/10
4/23/21	N/A	non-school night	Excited; 10/10
4/24/21	N/A	non-school night;prom	Very happy;10/10
4/25/21	Failure	Failed addition only	Decent;6/10
4/26/21	Success	went to bed at 9:30	Very good;9/10
4/27/21	Success	went to bed at 9:30	Very good;9/10
4/28/21	Success	went to bed at 9:30	Very good;9/10
4/29/21	N/A	non-school night	Great; 10/10
4/30/21	N/A	non-school night	Great; 10/10

Reflection

When I first began this project, I was initially afraid that I would have trouble with my addition of getting more sleep. This was primarily because sleep is not something you can fully control, you can't just simply fall asleep the same way you would do other additions like exercising or drinking more water. However, I found that by starting the project off strong and on the right track, the following days were easier to fall asleep early. I think making an early bedtime habitual made it easier for my body to wind down at the same time every night. However, it can be seen on the calendar that there was a switch in the time I went to sleep from 9 to 9:30. This was due to Ramadan, where I would have to break my fast around 8:30 every night. Naturally, I couldn't go to sleep at 9 when I had to start dinner every night at 9 for 14+ hours of fasting. It can be seen on the calendar that one of my failures was due to this, on the first night of Ramadan. I was once again fearful that my sleep schedule would be ruined. Fortunately, I found that a 30 minute delay to my bedtime still put me in the 9+ hour minimum for sleep. I am happy with the addition and subtractions I chose primarily because they worked together. I found that less electronic time before bed resultantly helped me go to sleep early easier. I think this is the main reason I had such a high success rate for my project. To conclude, I am extremely grateful for this experience that I don't think I would've otherwise taken (had it not been part of an assignment for school) and I can only hope that this nightly habits are something I maintain for the rest of my life.