

# Lab Notebook Format, General Help, and Point Distribution

## General Format Requirements

- Date located in top right corner. (5pts)
- Title located at the top center. (5pts)
  - Lab number and a terse description of lab.
- Written on one side per page in the notebook. (5pts)
- Adequate space between the following sections. (5pts)

## Goal—section title (10pts)

- Describe the problem investigated.

## Variables—section title (10pts)

- Provide a list of the variables used and identify as independent, dependent, and constant.

## Equipment—section title (10pts)

- Provide a list of the equipment used.

## Procedure—section title (10pts)

- List the steps taken to collect the data then obtain the goal.

## Results—section title (20pts)

- Report main result(s), supported by selected data:
  - Data table
  - Graphs
  - Equations
  - At least 1 sample calculation is shown

## Discussion—section title (20pts)

- Summarize the most important findings at the beginning.
- Describe the patterns, principles, relationships your results show.
- Explain how your results relate to expectations. Do they agree, contradict, or are they exceptions to the rule?
- Explain plausibly any agreements, contradictions, or exceptions.
- Describe what additional research might resolve contradictions or explain exceptions.