

Title: Why Willpower isn't Enough to Stop Doing Drugs Logbook

Name: Jonathan Grade: 6, Renert School

DATE (day/month/year)	ACTION (what did you complete in the last week)	RESOURCES USED (websites, textbooks, mentorship, videos)	OTHER NOTES (goals for next week,)
29/09/2023	I researched how drugs travel through the brain, how they damage the brain.	What Part of the Brain Causes Addiction? What Makes A Drug Addictive? - Orlando Recovery Center Functional Neuroanatomy of the Basal Ganglia - PMC https://nida.nih.gov/sites/default/files/styles/content_image_large/public/images/colorbox/cocr/neuron.jpg?itok=e4d5xTF6 https://nida.nih.gov/publications/research-reports/cocaine/how-does-cocaine-produce-its-effects	Next week I want to see how dopamine is made.
06/10/2023	I learnt about the process of how dopamine is made.	https://nida.nih.gov/publications/drugfacts/understanding-drug-use-addiction What Makes A Drug Addictive? - Orlando Recovery	What is an Amino Acid?

		Center Dopamine: The pathway to pleasure - Harvard Health.	
13/10/2023	I learned about Amino Acids.	Amino acids: MedlinePlus Medical Encyclopedia	What else do drugs do to the brain? What parts?
20/10/2023	I learnt what parts of the brain are affected by drugs.	Drug Misuse and Addiction National Institute on Drug Abuse (NIDA) THE NEUROBIOLOGY OF SUBSTANCE USE, MISUSE, AND ADDICTION - Facing Addiction in America - NCBI Bookshelf.	Is there a difference in the brain when different drugs are used? Marijuana, Cocaine, Heroin. What if it's laced with Fentanyl? What is Fentanyl?
27/10/2023	What happens when you consume Marijuana.	https://nida.nih.gov/publications/research-reports/marijuana/what-are-marijuana-effects#:~:text=Many%20people%20experience%20a%20pleasant,of%20time%2C%20and%20increased%20appetite.	What about Cocaine?
03/11/2023	What happens when you consume Cocaine?	https://nida.nih.gov/sites/default/files/styles/content_image_large/public/images/colorbox/cocrenneuron.jpg?itok=e4d5xTF6 https://americanaddictioncenters.org/cocaine-treatment/effects-on-the-brain	What about Heroin?

		https://nida.nih.gov/publications/research-reports/cocaine/how-does-cocaine-produce-its-effects https://www.talktofrank.com/drug/cocaine	
11/11/2023	I learnt about the effects of Heroin.	https://www.betterhealth.vic.gov.au/health/healthyliving/heroin#effects-of-heroin https://www.canada.ca/en/health-canada/services/substance-use/get-help-with-substance-use.html https://nida.nih.gov/publications/research-reports/heroin/what-are-long-term-effects-heroin-use	What about Fentanyl.
17/11/2023	I learnt about Fentanyl.	https://www.dea.gov/factsheets/fentanyl	I want to learn more about Fentanyl.
08/12/2023	I learnt a lot more about Fentanyl.	https://www.canada.ca/en/health-canada/services/substance-use/controlled-illegal-drugs/fentanyl.html#a9 https://www.dea.gov/factsheets/fentanyl https://nida.nih.gov/publications/drugfacts/fentanyl	Start working on the written project.

15/12/2023	I worked on my written project.	None	Work on it more.
22/12/2023	I worked on my written project more.	None	Transfer the stuff that I researched into my written project.
29/12/2023	I took all the stuff that I researched and put it in my written project.	None	Organize my written project.
05/01/2024	I organized my written project.	None	Add more things and reread it.
12/01/2024	I made changes to my written document, making it sound more professional.	None	Meet with a mentor.
19/01/2024	Met with my mentor, Ms. Haney, who gave comments on my written project.	Ms. Haney.	Start working on my google slides.

26/01/2024	I started to work on my google slides.	None	Work on google slides more.
02/02/2024	I worked on google slides and started to add citations for my pictures.	None	Work on google slides more.
09/02/2024	I met with Ms. Madison to edit my paper.	Ms. Madison	Work on everything and edit.
16/02/2024	I edited slideshow and planned my video	Google Slides	
23/02/2024	Completed Google slideshow	Google Slides	
01/03/2024	Finished video recording	Zoom	

08/03/2024	Submitted information to CYSF platform	Internet	
------------	--	----------	--