



Proposed Project Development Timeline

Steps	Description	1 Month Project	2 Month Project	3 Month Project
Step 1: Brainstorming	Learn about the competition’s rules. Review sample projects. Brainstorm ideas of issues related to light and sleep.	Days 1 – 4	Week 1	Week 1
Step 2: Getting to know the subject	Use competition lesson plans to introduce scientific concepts related to circadian rhythms and measuring the amount of light received throughout the day.	Days 5 - 10	Weeks 2 - 3	Weeks 2 - 4
Step 3: Select a topic and exploration	Students select a topic that they would like to explore further for the competition. Select an exploration type (i.e. prototype, awareness campaign, research proposal).	Day 11	Week 4	Week 5
Step 4: Research an issue	Investigate and research chosen issue related to light and sleep.	Days 12 – 17	Weeks 5 – 6	Weeks 6 – 7
Step 5: Develop written project and bibliography	Summarize project exploration by providing rationale in selecting issue related to light and sleep, a project description, next steps and a bibliography.	Days 18 – 23	Week 7	Weeks 8 – 9
Step 6: Create a video	Articulate the problem or issue, summarize written project elements, and include visuals of project exploration route.	Days 24 - 30	Week 8	Weeks 10 – 11
Step 7: Review and submit	Review submission requirements and make final edits. Submit project.	Day 31	Day 62/Week 8	Week 12