Submitted on Sept. 17, Oct. 8 & 22, Nov. 5 & 19, and Dec. 10

These journals reflect upon the planning you’ve put into place for your Extended Essay and the progress you’ve made in reaching targets you’ve set.

Appropriate questions and ideas for reflecting:

Reflect on the decisions you have made so far. What decisions were hard to make or made poorly and how have you dealt with these?

Tell me about your mistakes and what you've learned from them. What has proven more difficult than you expected and how have you dealt with these?

What would you do differently if you were to start this research again?

What have been the high and low points of the research so far?

Does any evidence from your research seem irrelevant or unsound? Provide specifics.

Have you encountered different perspectives on your topic? How do you intend to address these?

What skills have you developed so far? Which would you like to refine for the future?

Has any new information gathered taken me in an unexpected direction?

What new questions are emerging? Are they related to my initial questions?

Have I laid out a plan of action with measurable targets? IF so, am I reaching these? How am I holding myself accountable? If not, what is standing in the way of setting out a plan of action? How can I overcome these barriers?

**Bad Examples:**

**Sample A**

Today I finally began writing my rough draft. So far I have around 350 words and have written a background on cinema and culture and am about to start on writing about the tv show and writing my thesis statement. Today was a surprisingly productive day even though it was only an hour long class so i hope to keep this up in the future.

**Sample B**

I now have a pretty good idea of what I want to do regarding my topic, I just need a solid event and then most of the groundwork is laid out already. The biggest issue I face is going to be finding a tutor for my topic though. I’m not sure if there may be many environmental science teachers which are well versed in the EE topic writing, so maybe I should focus more on the history side of things. I am a little on the edge however of whether I should do a more disaster response type deal or how the environment may have been affected due to different responses. Obstacles I’ve faced are just lack of motivation to do any super meaningful research, but it’s coming along fine.

**Good Examples:**

**Sample A**

While I wouldn't say I am in a plateau where research is concerned, I am in a similar place as I was in my last journal entry. My focus is still divided slightly between which region of the Philippines I would like to made the sole focus of the essay. With the oncoming due dates of the first 1000 words for the EE, I am slightly concerned with my indecision, however, I am relieved that I have been able to find some secondary sources which are helping guide my thought processes greatly. With regard to my lack of activity in managebac to record these realizations, I will definitely continue to put as much effort here as I do with my actual class time research. I feel that if I keep on the path I've been on - as I discussed with my mentor before - further research will help me get a hold on developing the introduction to my essay. Again, thankfully I am not so much in a rut when it comes to research, it's really just a time thing for me to continuously organize what I have. As of right now, I'm looking at secondary sources surrounding the impact of Chinese trade in Southeast Asia that contributed significantly to Filipino culture.

**Sample B**

I think I have narrowed my research topic down to the point that I’ll be able to easily begin writing within the next month, and luckily for me Descartes isn’t an unpopular philosopher. In my philosophy class we have been discovering ways to analyze arguments and the assumptions that underly these arguments. I feel like this skill will be useful when writing about Descartes since there are moments when his assumptions are disagreeable and his reasoning can be disputed and there are many examples of this in his Meditations and Discourse about which I can write about. The research this week has gone fairly steadily, and I feel that as my philosophy class has moved forward and as my research for my EE has progressed that I’ve gotten better at reading philosophy. This will make the rest of my research and the writing process easier since now I understand how to best formulate and write philosophical arguments and I can see the flaws in my own arguments. I have still been looking to JSTOR for my scholarly articles, but outside of internship I have also been listening to the Philosophize This! Podcast to better understand his writings and the philosophical climate that could have influenced his writings. Overall, I feel pretty satisfied with my recent readings and I believe that I have a stable grasp on the research process.

**Sample C**

This week I changed my topic. Again. And I'm trying to find an essay that is simpler to back up with evidence. The way I've been approaching my research is using both Mackinvia databases, as well as using specific google searches to find credible sources. My motivation for this essay ebbs and flows, so I need to create deadlines for myself, as I work best when I set times for myself to complete things. I want to make a mind map, but I am struggling at the moment to decide whether I should approach from an economic angle, and cultural angle, a political angle, or a combination of all three, and how certain things exacerbated the problems of other aspects. I also want to reader farther into all of the resources that I have linked, as I have read small amounts into them all. I plan to go through the links from Monday and Thursday and take specific notes to try to help me start a mind map. Laird asked for an outline before our meeting on November 3, so I am alittle confused on how exactly to narrow down. I may try to start with multiple specializations. I'm excited to be researching this, and I am enjoying educating myself on the Roman Empire deeper than I had before. I just struggle to maintain initiative, but scheduling helps with that.

**Sample D**

I have not really made significant progress in the Extended Essay, but it can be said that we haven't really started any new part of it yet. The last few weeks have been dedicated to research. We have to start writing soon so I pooled all of my sources together and sorted them based on the topic they discussed. I think it will be easier to create an outline for my essay and start writing when my resources are organized. I have 5 main topics so far. The first one is "Geothermal Energy in General" and its resources have information mainly concerning the scientific aspects of geothermal energy and how it works. The next three topics are "Geothermal Energy in Iceland", "Geothermal Energy in the United States", and "Geothermal Energy in the World". The resources under these topics are mainly concerning the implementation of geothermal energy in nations around the world. I have the most amount of sources for geothermal energy in Iceland because I will be using Iceland as the model for other nations. The final topic is more of a rebuttal section and it has sources that argue against geothermal energy and believe it is not an effective energy source. I have learned that in order to provide a more complete argument, it is important to acknowledge other opinions in the essay and then refute them.