*This process journal will be written in the format that per entry there will be included; date, what I did/happened, relation to the global contexts and as a conclusion plans for what I aim to do next. Extra details/sections may be included for entries.*

**Monday, April 28, 2014**

Today it was introduced to us that we would be having an official personal project introduction on Wednesday, with our proposals due the following Monday. I have been thinking about personal project ideas for quite some time now and have narrowed down the possibilities to a nail art project or else scoliosis. The personal project was introduced to us on the same night as the grade 10’s exhibition back in February/January, given that the Global contexts are a new MYP change I am not yet familiar with them and have not decided which direction I plan to take my project in. I plan to think more about the upcoming project and familiarize myself with what my goals with this project are so that when it is introduced in depth on Wednesday I will be prepared and able to relate my ideas to the global contexts to get a better feel for what I want to do so that my proposal can be submitted on time.

**Wednesday, April 30, 2014**

Today during a 45 minute assembly the personal project was introduced I depth, after explaining that we needed a product, a process journal, report and that they all needed to be linked to one of the global contexts I began to think more deeply about my project choice, also given that the proposal sheets were handed out I was able to look at the thing that I needed and which topic would suit best, after much deliberation I decided to choose scoliosis as my topic for personal project, at this point I have not yet decided what product I plan to make or the exact direction of my project. In terms of global contexts I think that my project would fit in either under Identities and Relationships or Scientific and technical innovation, at first glance I thought that Scientific and technical innovation would be the best global context to choose as I felt that right away Scoliosis was a scientific biological deformity that could be greatly researched into and its science as to why and how it happens, although after research on the topic this would lead my project down a more complicated route in terms of creating a unique product as well as the fact that the reason for adolescent idiopathic scoliosis is still undefined. When I looked under the global context of Identities and Relationships I felt that this GC would suit my project more, as I could go down a more personal route and I could talk about physical health, mental health, social health and identities and relationships with family and friends regarding the affects that scoliosis has. After thinking about these bands from the GC of Identities and relationships I have decided that I will choose this.

**Tuesday, May 6, 2014**

Today I handed in my final proposal after it being looked over and checked yesterday. In regards to my GC everything was ok however I had to redo my inquiry questions asking myself things that I will do/need for the project rather than answering them. Overall my proposal was suitable and I feel that that is because I researched into the GCs and understood what area I would be using throughout my project. Although I am still slightly unsure of my goals and product I have my base idea for the project done and I have already completed initial research because since I have this condition myself I had done this research a long time ago. After today I plan to research more into the possibilities of products and which would be the best as well as preparing more initial research.

**Thursday, May 22, 2014**

Today I had my first meeting with my supervisor. This initial meeting was really only a base to just get to know the project and goals and GCs better. By this time I had already thought a lot about my proposal form and so therefore was very sure of what I wanted to do and how I was going to pursue it. I had decided to refine my goal to just a website/blog and an assembly rather than more separate goals which would be more complicated to achieve and less meaningful like implementing annual school tests. After today I plan to do the statement of intent and create my timeline/research plan. I will do these for the June meeting in order to be prepared. The timeline will also help me in terms of the organization of my final project. I feel that through today I also became more aware of the GC of Identities and Relationships and have thought about it throughout the day how I will be able to directly link each aspect of my project to Identities and Relationships. Although I haven’t made my timeline and research plan yet I have thought a lot about my final goal of the project and how I want to do it. I feel that through making a website or blog I can personally address the physical health issues related to scoliosis as well as possibly including physio tips to address the issues. I also thought a lot about the ‘Identities’ and ‘Relationships’ aspect of my chosen GC and decided I could also include in my website/blog my personal experience and how the condition can affect your identity as well as explaining how relationships with family and friends become more important. I feel that by doing this in my website/blog it may help people come to terms with how they are feeling after diagnosis or just generally help them feel more supported. I went home and researched to see if there were websites out there already similar to this and I didn’t find much however I did discover several Instagram scoliosis pages. Instagram is a social media where users can share pictures and message each other and I discovered that there were quite a few pages about scoliosis mostly made by teenage girls documenting their journey. Although I have not yet set down a research plan I thought that I could devise a survey to send to these pages over the summer so that in my website/blog I could have several perspectives and therefore help others to feel more supported as they read through others stories. Below is a timeline that I have created in preparation for my second meeting in order to keep my process on track throughout this project.

**Wednesday, June 18, 2014**

Today I had my second personal project meeting with my supervisor. Since the last meeting I completed my statement of intent and a rough timeline. The statement of intent was done well however the timeline was a bit vague. I was confused as to what the research plan was however after clarification I can begin to make that saying what I will research for each month and what websites/books I will use etc. Today I talked more about my final product and how it fits better into the bands of the GC’s I have this now organized and now know that the bands of my GC of identities and relationships which I will look into are: Identities and Relationships, Social health, Mental health and physical health. I will use these GC’s as guidelines for my research and I will look into the effect of scoliosis on each one. After talking about the assembly that I plan to present I have realised that I need to research further into which age groups I need to target specifically and also how I will carry it out and how it will be graded as my product. This however is not a main concern at the moment as I plan to do this in tenth grade as I won’t have enough time to organize the assembly’s before the end of this school year. For my other product which is a blog/website I have decided that I really need to start focusing on that now as I will be away for most of the summer and before I can do any of the assembly’s I will need to have this completed so I can leave it as a reference for students to look at. I also talked about audiences today and who I planned to address. I feel that my main goal is to raise awareness within the ISB for students who could potentially have the condition. My blog/website will be a resource for the students to look to for more information as well as an international tool for those looking for tips and support in terms of handling scoliosis. After coming home from today’s meeting I thought more about my research plan and began to formulate it so that I could keep the summer structured and organized so that when it comes to tenth grade I will be on top of the project. After creating my plan it made me think a lot more about the different aspects of my project and which ones will take most time and have priority etc. I decided that the website should be my main product after this as although I feel that the assembly may be useful it only targets the ISB. I feel that because of my chose GC of identities and relationships my project doesn’t concern those without the condition as much as it would actually make more sense to target those who do have it so that I can address physical, mental and social health on my website/blog and help those who have scoliosis deal with those aspects of their lives. I also found that after making my research plan that I have a lot of work to do and since I will be on holidays for the majority of the summer I need to focus on setting my project up now and having everything organized. Over the course of the next week I plan to look at a variety of websites and blogs not necessarily concerning scoliosis but I want to see the general layout of both so that it can help me making my decision. I am at this point aware that blogs tend to be more of a personal outlet documenting aspects of life like hobbies or if I was to make one documenting my scoliosis journey however at this point I feel that I want my project would be more likely a website as I want to make the product more of a general support tool as well as being informative to those who don’t know much about the condition and may have just been diagnosed. Therefore I think I will make a website however once I’m on holiday I will try both out to see which is easy and better formatted to help me in achieving my goal.

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| Month | Research | Potential Sources |
| June | * Begin initial research into the statistics of scoliosis. (How many people get diagnosed each year, do genes/genders affect it, common ages of diagnosis, percentage of people affected by scoliosis etc.) * Begin research into the affect scoliosis has on teenagers; this can be done by looking up scoliosis stories online to see how different teenagers responded to the condition. * **JUNE GOALS- complete initial research about the general facts of scoliosis before the end of the month. Begin research about the effect of scoliosis on teenagers.** | http://www.medicinenet.com/       scoliosis/patient-comments-1035.htm  http://www.nhs.uk/conditions/scoliosis/       pages/introduction.aspx  <http://www.scoliosisjournal.com>  Could also use any other online resources as well as my own opinion |
| July | * Finish research by July 3 about the effect of scoliosis on teenagers. Find 4-6 good scoliosis stories which could also be included as part of the support section of my website. * Research further into bracing and corrective surgery as well as research for other possible pages of my website/blog. Finish this research by July 5 * Begin initial plan for report and start writing first draft. * July 5-25 holidays (no work) * **JULY GOALS- complete research about the effect scoliosis has on teenagers. Complete research on surgery and bracing. Be mostly complete with research for all the pages/sections on my website/blog. Have final report planned.** | -books  -interview with the doctor at the hospital  -my own opinion  -possible online survey for those who also suffer with scoliosis |
| August | * Finish research for all the pages of my website. * Start to create the website/blog and decide which one to make. * Choose the most important information from the research to put on the PowerPoint that will be presented to students at isb. Finish by August 8. * Write most of the initial draft of final report. * August 9-19 holidays * **AUGUST GOALS- have all research done for my website/blog and have all pages planned for it. Finish the PowerPoint that will be used for my presentations in school.** | * Could use website and blogs to help me base my final product off of. * Will use PowerPoint * Any online website about scoliosis should have the most important and valid information first so I can use this to base my PowerPoint off of. |
| September | * Finish website website/blog in the first weekend of September (6/7) * Finish all research completely and finish first draft of report over the second weekend of September (13/14) * Organize a supervisor meeting and hand in all work and have draft of report read over. * Research into possible timings and availabilities for the presentations. * Decide how I will convey the information to younger students without boring them and also showing how important it is to be aware of the condition. * **SEPTEMBER GOALS- finish website. Finish first draft of report. Research into assembly possibilities.** | * Research into the times of life skills lessons and assembly times for students at fiechten/junior school/reinach school. Could use head of years to help me plan this * Choose which grades are most important to present too by finding statistics online for the most common ages of diagnosis. |
| October | * Do the assemblies. * Complete research via survey to judge how effective the assembly was * Talk to the nurses about possible campaigns or having doctors come in to test for the condition or anything else I could do to help raise awareness for the condition. * **OCTOBER GOALS- finish all of the points above within this month.** | * Surveys that the children at my assembly will complete. * nurses |
| November | * Complete final draft of report * Refine criteria and begin reflection on the process * Have my products finished and my research/process journal/ report all checked over and corrected * **NOVEMBER GOALS- finish all points above within this month.** | * No other research will need o be complete at this stage. |
| December | * At this point the project will be finished. School will be getting stressful as all semester tests will be happening. * I plan to do no other research over Christmas break. | N/A |
| January | * Personal project focus days will be used for me to have last checks over my project. Possibly get friends to read my report to see if it is ok. * Begin to plan out what exactly I will say at exhibition night. Organize my research and information about my products so that I say the most relevant things on the night. * Check over global contexts and all other personal project criteria to see if everything is perfectly completed. * Exhibition night on 23, everything due in February however my report will be fully finished. | N/A |

**Friday, July 10, 2014**

Today I begun to research into what website tools would be suitable for the creation of my product. After researching into the possible pages for my website I realized there is a lot that can connect my website to my GC therefore I can make it to be a very detailed and extensive website. Given the research I've thus far conducted I've decided I will use an online website maker, rather than code from scratch as that would be too time consuming, I've eliminated creating a blog as I feel that my product needs more structure although ill still have it written in a blog style register as I want the readers to feel it as a chatty and nice website rather than a clinical and purely informative website.  I need to find a website maker that is free as I said in my statement of intent that my website would be free. I want the website to be easy to navigate as well as being concise and easy to get the information across to the reader. I think this is an important aspect of the creation of my product as I want to inform those unaware of the condition about scoliosis quickly and I want to help those who have scoliosis my making my website in a casual manner so that the information gets across and doesn't 'bore' the reader and instead makes it interesting and helpful. I researched online into what the most popular website makers were. I found webs and weebly, I tried making a basic website on both of them and decided that weebly would be better suited to my project. At this point I will continue to learn how to figure out how to use weebly and decide what website pages I will have in order to satisfy my global context.

**Sunday, August 3, 2014**

I decided that I want only one page of my website to be purely informative for those who don’t know about scoliosis. I've decided this because after choosing my website URL ([www.scoliosisupport.weebly.com](http://www.scoliosisupport.weebly.com/" \t "_blank))  
I think the website should be more targeted towards support of scoliosis and have a more personal vibe as this suits my GC better as well as it being more personal to me and overall more helpful I think to those with scoliosis. Because of this decision I have contemplated whether my assembly in aesch would be necessary, I think that I should still have some aspect of awareness related to my project and I think instead I could possibly send an email around to parents informing about scoliosis briefly and the importance of getting your child tested. The other option I’ve thought about is creating a bulletin board by the nurses office or having a mini message in the notices for aesch students, however I haven't decided what option to pursue yet and I think it is most important to focus on my website first and then see which direction that will take as to help in deciding the secondary product. My aim is to complete my website over October break so I can then decide what to do for the awareness part, as my website would be a useful resource to have alongside the awareness section of my product so I should complete my website first. I have created a draft outline for the first page of my website on a word document and I have added only a small unfinished section of text to the actual website. The reason I have decided to do this is because I would like to publish my website all at once and I think it is easier and more organized to keep all the information on a word document at first and then devote one day over the October break to add it all to the website so I can focus more on format, layout, design and fluidity. If I have all my content pre-written it will then be easier to focus on the actual website when creating it. I added a small amount of text so I could see how the website looks as well as having something on the website if someone visits it.

**Friday, August 15, 2014**  
Today I began to create and research for what other pages I will have on my website. Given that I want my project to be very specified towards my GC of identities and relationships, I thought I would create a more personal product to help support how scoliosis can affect your identity, relationships, mental health, physical health etc. however I've decided that considering scoliosis is a very broad ranged condition, providing just my perspective wouldn't help that much.  To help support those with scoliosis I decided that I will have a scoliosis stories page on my website; this will help those on my website to see how scoliosis affects different people in different ways and will in turn also have relatable stories. I went about in creating this page by initially thinking of taking stories from the web already published; however this would mean I would have to ask permission from the website as well as having different sorts of stories and having aspects of the stories missing. I then decided I could devise a survey that would have specific questions which would relate to my GC and therefore help generate more detailed very specific responses. I sent this survey around to others on the social media Instagram and informed them about my project as well as asking permission to use their stories. By using this social media it was very easy to find users with scoliosis as I searched the hashtag scoliosis and several support accounts as well as personal ones appeared. I received a lot of replies and interesting stories, some a lot worse than my position and some mild. Having this range to feature on my website will help directly link my product to my global context more as well as providing more support and more of a community feel to my website. Below is the survey i created and sent around.  
Hi, PLEASE READ:  
my name is Jenny and as part of my school program we have to do a personal project and I'm doing mine on scoliosis. If you wouldn’t mind answering these questions it would mean the world to me! I’m planning on creating a scoliosis awareness/support website and i would love to have a page with different people’s stories on it! Thank you so much if you take the time to do this! I will be featuring the stories on my website as a support tool for others suffering from scoliosis.  
1. What degree is your scoliosis/is it s shaped or c  
2. How old were you when diagnosed? Did you wear a brace? (For how long) did you need surgery? Etc... Your basic 'scoliosis story' here please  
3. If you wore a brace how did you find it? Did it affect you in any way in terms of your mental outlook? Did it change your identity maybe slightly? Did it in anyway affect your relationships with friends/parents? Like did they become more supportive and understanding etc...? Like how did your relationships with people change in anyway?  
4. If you had surgery- answer the same questions as above?  
5. What tips would you give for others with scoliosis?  
6. Do any people you personally know also have scoliosis (friends/family etc.) if so how many?  
7. Had you ever heard of scoliosis before you were diagnosed?  
8. How were you diagnosed?  
9. Does your school do annual testing for scoliosis?  
19. Which country do you live in?  
Thank you so much if you took the time to answer this! This is a big part of my schools program and I really need as many responses as possible so if you know anyone else with scoliosis could you send this to them and tell me? THANK YOU!  
I think this survey is very useful as it has questions 3&4 very specifically formatted to target aspects of my GC and then questions 7/8/9 are all about awareness and 10 shows me the awareness level in different parts of the world. I was shocked to find out how so many people had never heard of scoliosis and were diagnosed late just like me, because of this I think awareness should still be an important section of my product however I will focus on this aspect after October break. I am not sure how I will properly source these interviews at this point as they were personally sent to me, however on my website I will cite their Instagram usernames and I have been given permission by all who answered to feature their answers on my website.   
  
  
**Saturday, August 30, 2014**  
Today I have decided that the other pages I would like on my website are: physio tips, bibliography and support. I think I may change these slightly or possibly add more pages however I think that this is a good base for my website. Although the majority of my website will be personal I will in text reference and then have a bibliography page which will also contain links to other websites which I may not have used but could be potentially helpful, the reason for this is because my website will be mainly based on personal support rather than the detailed science of scoliosis so I can link more informative websites for those who may want to use them. My 'support' page may be divided into one or more pages, but at the moment I have only decided on one thing which I definitely want in it- scoliosis fashion. The reason why I will go into fashion on my website is because having to wear a scoliosis brace really affected my 'identity' as I had to change my clothes and decide whether I wanted to always hide it or wear it with confidence, having a brace was also just overall mentally straining at times and so I think by targeting fashion it will address the identity, relationships, and mental health band of my GC. The fashion sector will not only have fashion advice but it will address each of these bands for example the relationships band, i will talk about how friends can be helpful and understanding that you may take just a little longer getting changed after p.e. I think that this information is very important as some people are ashamed of their braces and having information about what clothes are easiest to wear I think will be very useful. The physio tips page may be renamed as I cannot provide professional physical therapy to anyone as I’m not certified and everyone is different however I want this page to target the physical health band of my GC and I think I will add video of basic exercises which can be used to strengthen back and explain alongside them, this is an important part of my website as it supports those who suffer pain and will help them to become more aware as to the cause of their pain as I will include videos/text explaining some basic science behind scoliosis pain. I think that these pages are a good base to have for my website as they all directly link in with my GC and I think they would be useful. Although I created a defined timeline before summer, I feel things are changed slightly but that is ok because it works better for me. On my timeline I had research as one defined section however I have now decided that that section couldn't be really done as I already knew the majority of the information and was getting a lot of different sources saying basically the same thing. I've changed my way of research that instead with the drafts of my web pages any information that includes statistics or is not general knowledge I will look up to confirm that I'm right then have that source next to what I've written. Given that my web pages are only drafts and may need more information added or unnecessary information I'm not completing my bibliography until my product is complete. This way it is less confusing with deleting sources and deciding which ones to use so instead I have everything in an organized document as part of my product.

**Friday, September 19, 2014.**  
Today I began to work on creating my criteria for my final project. Throughout the process I have always had a seemingly clear goal of what I want my final product to be and how I want to carry it out. I hadn’t yet created the criteria because I was confused as to what they were, however after my first meeting of the school year with my supervisor I have received more clarification and I also think it is a good time to set out final goals for the project because I have become familiarized with my global context as well as my actual project and I have now a more defined view on what this project entails and how my final product will reflect my chosen GC as well as me personally.

These criteria will be split into three sections in judging the success of my website-

Support (A)

Awareness (B)

Functionality of website (C)

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| My Goals- | How they relate to my project- | How I will test them- |
| To have an in-depth website which supports those with scoliosis  (A) | This relates to my project as a main goal because my whole project is based off creating a website. I plan to have my website to be in-depth enough to provide an extensive amount of tips/stories/general advice to help support those with scoliosis. This directly links in with my GC and I want my website to have links to the identities, relationships, mental health and physical health bands of my GC. | I will ask in a survey, simple yes or no, or 1-10 scaled questions relating to this goal, to those who have scoliosis and/or sent me their stories to be featured and possibly to those who have seen my website.  I will send this survey to the people who sent in their stories if there are few participants on the website. |
| To have sections of my website which inform and raise awareness for scoliosis  (B) | I want my website to not just be advice and personal things as I think it is important that I include science in my website as well to raise awareness as well as being a secondary support tool as it can support those with scoliosis as they can learn more about their condition which may in turn help them. I also want my website to have basic information about scoliosis so that I can reference this website to be an informative tool when raising awareness. I want my website to be able to inform someone who has never heard about scoliosis to what it is, and other basic facts that are important to know. This acts as a support tool as well because having the information about scoliosis means that it can inform those who’ve just been diagnosed and have never heard of it, from there people like this can see all the advice and tips therefore making their experience with scoliosis easier. | I will ask people in my grade (who don’t know about scoliosis/know very little about scoliosis) to look at my website and answer questions relating to scoliosis. These questionnaires will most likely be recorded as it would be difficult to have just yes or no questions.  This survey will be handed out to my classmates and won’t be featured on the website. |
| To do a scoliosis assembly for those in ISB ages 10/11  (B) | This is also an important aspect of the project for me as although I have at this point not yet decided what I will do I can reflect upon this at the end of my project. I think that it is important to raise awareness within Isb as after research I have discovered that very few people are actually aware of scoliosis. This also links in with my GC as I will be addressing people’s health within the school by informing them about scoliosis. | I will ask the teachers who I presented to-  Do you think this assembly raised awareness for the children?  Would you get a child tested after watching this presentation?  Are you now more aware of scoliosis?  I will ask the students I presented to-  Did you know about scoliosis before?  Did you learn much from this assembly?  Do you think you will tell your parents about scoliosis and this presentation?  These questions can be answered in a 1-10 scale or yes/no format to make the survey quicker. |
| To have a fully functioning website.  (C) | This is probably the most important goal for me to have because that is my main product and aim of the project. | I will test the website on a phone, laptop and desktop computer to see if all links and parts of the website function. |
| To have a website with over 5 pictures  (A)  This fits under the a section because the picture will be used to help support. | I will include pictures on my website to help make it more interesting as well as backing up points that I write as part of text. | I will test this by loading up my website and seeing if I have pictures. |
| To have a website with a video/videos  (A)  this fits under the support section as it will most likely be physio tips videos therefore supporting those who view my website. | I think this is an important aspect of the website as it adds another dimension, makes the website more interesting and allows for me to add extra thing such as physio exercises I wouldn’t otherwise be able to do. | I will test this by loading up the website and see if there are videos that work. |
| To have a website with 5-7 functioning pages  (C) | I think this is a good goal to have because five-seven pages is a good amount because it allows for me to have a lot of detail on my website as well as being an achievable goal and having enough information to address my other goals. | I will test this by loading up my website and see if there are between five to seven functioning pages. |
| To have a website with an obvious purple colour scheme  (C) | I want to have purple as a colour scheme because my website is mostly aimed at females with scoliosis, however purple isn’t too girly so it allows to target the male scoliosis demographic as well. I also think that having a colour scheme adds a sense or organization and sophistication to a website therefore it would be good to have. | I will test this by asking in a survey: what do you think the colour scheme of this website is? |
| To have font that is readable and text that is understandable  (C) | I have this goal because in order for my website to be useful it needs to be sensible in layout and structure so people can read and enjoy my website. | I will ask in a survey-  On a scale of 1-10 how good was the layout, text and formatting of this website. |
| To have a references page with my bibliography  (C) | I need this in my website to reference my research, however since I have mostly personal things on my website there won’t be in text referencing but I will have a bibliography page from my bibliography research and useful references. | I will ask in a survey-  Did you see my bibliography/reference page? |

**Friday, October 4, 2014**

Today I focused on finishing with the write up of my physio tips page. My physio tips page is made to help those suffering with scoliosis to manage their pain as well as strengthening their muscles in order to provide better stability in their back. This page is improtant and relates to my global context in terms that it deals with the physical health section of my global context as it helps to address pain. This page can also be linked with the menatl health section of my global context as it can help provoke determination for those who want to do the scoliosis excercises to improve. This pge can also be linked with the realtionships section of my global context as it addresses how a realtionship with a family member can help encourage you to do the physio if they do it every night with you. Because this section of my website links to all sections of my global context that I plan on addressing as well as supporting those with scoliosis it is very important as really brings together the aims which I had planned to have for this website. It is very important however that I don’t go into too much detail concerning my specific physio as this is specific to my scoliosis case and would therefore not be suitable for all scoliosis sufferers, because of this I asked my physio as part of final research for this section if she had any resources concering the Schrot method which is the most commonly used physio method for scoliosis patients. The shrot method addresses scoliosis in correcting it in a three dimensional mannor, although the Schrot method is very good in building muscle stability it isn’t supposed to fix scoliosis so I need to make this clear on my website. My physio gave me a book on Katharina Schrot and her physio methods which helped me learn a lot, however the book was in german which is not my native language so I found some of the medical language at times difficult to understand. Although the book was in german I think it was a very useful reference for my website and also challenged me in my ways of research and gave me a learning opportunity for german, I think I handled this situation very well because instead of disreagarding a very useful reference because it wasn’t in my mother tounge, I made a big effort to read it all and really gain a good understanding of the Schrot method so I can explain it clearly for all cases of scoliosis. I have decided that this page will need video as it is hard to describe excercises and so I decided it would be easier to film demonstrations. Because I have a free domain I am unable to insert videos into my website pages which is unfortuante, however I found a solution in that I can insert youtube videos. Due to this issue I will need to make a youtube channel and upload the videos, so because of this I have decided to make it all into one video to show basic excercises or maybe I can make it into three videos tageting each dimensional correction. I have found it difficult to get around to filming these videos though, because now that it is progressing into winter it is dark when I get home, so I need to do it on a weekend, and I’m very busy most weekends. So I’ve decided to leave the 20 November to do all the filming, as I have a long weekend then and at that point I will have hopefully finished the rest of my website which will give me a chance to put a better and more in depth overview and understanding into the physio tips video.

**Saturday, October 11, 2014**

Today I begun to finsih up the rough drafts and bullet points for each page. I summaraized all research and notes into each page as I feel it will be easier and more structured to summarize all of this later and keep my website better realted to my global contexts. Today I officially decided on my final site heading sand what I want on each one and over the next few weeks I will type up each page in neat and formatted and tehn once they have all been I can copy and paste into my website, as I find this easier, more organized and I feel it makes my work to be structured better. The home page didn’t really have much bullet points as I want it to only be a brief description for my website so I decided to do my homepage on the website already so there would be something there for those who looked up the URL. I want my homepage to start off with a brief introduction as to why I made the website and saying that it is for personal project, I think I will give a description of what scoliosis is, as this is necessary for both awareness and support and I think it would be good if it was featured on my homepage. Looking at my criteria I see that I will need a survey for those who look at the site with scoliosis, so I think I will put this on the homepage as well, and also a comment section so if I receive any comments I can reflect on these in my report. I then have my how to deal with scoliosis page which mostly targets support, I spilt this section into a drop down menu as I have a lot of bullet points so I have decided to split it into sections which I aim to complete for next time I work on my project. My next page has scoliosis stories, I don’t really have to do much work for this page because all the stories have already been sent to me over the summer when I devised the scoliosis survey as part of my research. I’m thinking of possibly putting my scoliosis story into a separate page because it is very long and touches on all my GC subsections as well as targeting support and awareness for scoliosis. I am also considering a page that summarizes the resaerch I collected over the summer and explains why I asked the questions that I did and what it has to do with my project, however I haven’t decided on either of these ideas yet and for the moment I am keeping this as a scoliosis stories section and I will decided what to do when I am doing the final completion of my website and adding and formatting all of my information. My next page is to do with treatment options, at the moment I have kept the bullet points for this section brif as my aim was to create a support/awareness website and I don’t want to focus on all the medical details as these can already be found on hundredsof sites, but I could never find a site like mine before and that is why I decided to create it. I do plan on giving enough information to develop a proper understanding for the reader and to make my website the treatment optiosn understanable. I decided to approach this section with trying to link it to my global contexts as well and so I decided to try and link the identity and realtionship effects of each treatment option as well as referencing to the other pages on my wbesite so those reading this section can then refer back to the other sections and see how to overcome some of the challenges each treatment option brings. During the final write up and complettion of this section I can decide if I want to split it into sections or if I want it to be as one page, at this point I can also decide wheter to use pictures or extra details, howver at the moment I am just getting an idea of what I want each page to have and putting bullet points on what I want on these pages as well as having my resarch, GC, aims, and ersonal opinion summarized for each section. The next section of my website is physio tips, however given that this will be mostly compiled of videos and I summarized resaerch on the Schrot method back at the start of october, it is not necesscary to add any extras. My last page is references/bibliography and I decided to finsish this page tonight as it doesn’t involve much writing, just formatting. I decided to do this page slightly different to a typical MYP bibliography as although I used MLA normal styled bibliography I do not plan on using intext referencing as most of my information is personal. I will also plan to use my pictures and my videos on the website so these won’t need to be referenced. I may nee to add extra pictures to my website in which case they would need to be intext referenced however I plan to avoid this. I felt if I gave a summary of research as a website sector it wouldn’t be very interesting and would take up a lot of my time. Instead I decided to show my bibliography for all the background information I researched, as well as having links to medical sites incase people want to find out more inforamtion about the condition, and I have links to more personal and blog sites in case people want to get more information regarding stories and tips. I felt that it was a good idea to have references because it means that I don not have to cover everything about scoliosis and it also means if I forget something someone has the opportunity to see into further detail on other websites.

**Saturday, October 18, 2014**

Today I focused on the overall formatting of my website and how I will address my global context and overall aims. I have all my rseearch completed and a rough draft of main ideas and point for pages already written up so at this point I just need to focus on formatting, extra points and the completion of my website. When I first started this project I had thought of creating a reasonably formal website, however my target demographic is mostly teenage girls, and given that I was unsure between website or blog, I have chosen a website but I will most likely write it in informal blog style language. Today I looked at a lot of scoliosis blog pages in order to put in my references page for more personal info as well as helping to inspire me as well as finding which aspects are most improtant to address. I found a lot of blogs and they focused a lot on realtionships, confidence and attitude in regards to scoliosis and I found this very interesting as my webiste will be using areas that would fit under the realtionships and mental health section of my GC and so by seeing these on other websites and I have a better idea of the sections most important to focus on. I think it would be very good to have a balanced website which gives the negative sides of scoliosis as well so people can be informed of what to expect, however approaching things with a positive attitude would be a good message to have throughout my website as this links with my GC and is very important in helping those with scoliosis to get through it. So even though I will be mentioning how scoliosis can cause pain and how it makes you look weird, I plan to constantly add ways to get over these challenges and help, as this supports those with scoliosis as well as raising awareness of what could potentially come with having scoliosis. I think having approach like this is very good as it supports those with scoliosis as well as linking directly with my gobal context sub-sections, which is very good because it fulfills the criteria of what I expected for my goal. Although I have not yet started adding to my website, I am summarizing my research ino each separate page which I have for the website so they all adress the necesscary aspects of my global context as well as helping to successfully fulfill my criteria. At this point I have completely decided against an aseembly as it would in essence be a separate product and I feel that given my global context a supportive blog style website addresses my goal better. Although I have decided against an assembly the presentation at the exibhition will mention and target the same features I would have had with an assembly and therefore I deemed it unessesary. Due to the fact that I have decided against an assembly/presentation I really need to focus on my other criteria in order to ensure maximised success for my project, as I hope to fulfill as many of the criteria as possible. From the pages I worked on today I focused mostly on the how to deal with scoliosis section as this is probably the largest sector of my website devoted to the support of those who have scoliosis. Originally I planned to have this as one page, however considering the large amount of text I ended up having on the page I decided to split it into different sections in order to better organise the website and make it more clear to the readers. The basis of this project I had in my head waas to provide a supportive website to those who have scoliosis and also to those who have scoliosis and have just been diagnosed and know nothing about it, because of this I have needed to find a balance on to be able to provide enough information about the condition without becoming to medical and clinical and boring. I have decided that the how to deal with scoliosis page needs to be suitably split so it prepares those who have scoliosis on how to deal with it as well as showing those who have had it for a while useful tips. I decided to include information that I would hav eliked to known at the start of being diagnosed as well as includng useful tips I learnt along the way. I decided to split this section into: Winter fashion, Summer fashion, Accesscories (fashion), Managing Pain, What to wear under your brace and standing straight. All these pages signify important information that I think needs to be included in how to deal with scoliosis and I also was able to summmarize me research and overall experience with scoliosis to link each section with on more aspects of my global context. The largest section of my how to deal with scolisois part of my website would be the fashion part, I put a large emphasis on this because I think it was something I really struggled with when I had to wear a bulky brace everyday and it also connects to the mental health aspect of my GC as you need to approach wearing a brace as a positive thing that is supposed to help you, rather than seeing all the things it makes worse such as finding clothes, therefore I made it easier by adding possible clothing options that people can wear. I also believe that the scoliosis fashion adresses the realtionships aspect of my GC because you need to have a good relationship with your parents to allow you to buy more baggy clothes as well as having a good relationship with your friends even if you’re wearing something super baggy, the accesscories section was also mostly fashion advice too, however I spearated these all in a drop down menu to help make my website more organized and easier to access the various parts of the website. Another section of how to deal with scoliosis, also concerning having a brace, is how to wear a brace and what to wear under your brace. The how to wear your brace talks about how to waer it to school and be confidenet and tell your friends. Even though I didn’t have an isuue withthis, from my resaerch a lot of peopele tried to hide their scoliosis brace from their classmates and so mentally and relationships wise, GC subsections, I thought this was a good point to address as it went along with my global contexts very well and hopefully I could help those who had issue dealing with this too. The what to wear under your brace is a basic enough page/section, however given that a brace is so uncomfortable I thought I shouldadress this to give suggestions how to make a brace more comfortable. MY reasons for this in relation to my GC is that a lot of people compromise their realtionships with their parents as they don’t want to wear the brace because it is uncomfortable and their parents force them. I also thought that this kind of linked with the physical health, as if you have bruises and cuts from wearing a brace, you’re not physically as healthy so I gave suggestions to fix this. Even if all elements of my website don’t always have a concrete link to my GC like the what to wear under your brace page, they all directly link to my goal of support and awareness. Another section I adressed in how to deal with scoliosis was managing pain as I feel that this is important for support as well as rasing awareness for the debilitating pain scoliosis can cause. This also directly links to all threesub-sections of my GC of relationships, identities/mental health, and physical health. The pain of scoliosis can build and break relationships as you get people who will be there to support you, and those who don’t understand you, it can also change your identity and sometimes even affect people mentally as they have to deal with so much everyday, this also realtes to physical health as it can stop people from doing things and phyiscally can be very crippling. Due to all the strong links from my goal and GC I decided to focus on this a lot as it very important to my goal and I think it would add a lot to the overall quality of my website. On my managing pain section I mostly used information from past experience, however I also did extra research previously on pain management, the information was basically the same and I also was able to add more tips that I found useful. My goals for next time are to focus full writing up each page and making sure there is a defined link from my GC and goals in order to ensure that it stays on goal for my project so I can fulfill all my criteria.

**Saturday, November 1, 2014**

* How to have success measured
* What survey questions home page plus begin to think of classmate survey questions.
* Initial survey
* Bibliography
* Overview of pages
* Publishing date?

**Sunday, November 1, 2014**

* Begin formatting for final website and uploading.
* Paste initial small parts in order to view website overview
* Inserting widgets into home page
* Taking pics myself
* Bibliography styling

**Saturday, November 8, 2014**

* Photoshoot for website
* Editing website and extra ideas for how to deal with
* Final layout decided
* What each point of my website reflects in my goals
* Why am I doing things the way I am, describe website with GC

**Saturday, Novemeber 15, 2014**

* Final Completion of website
* Uploading of pictures and vids
* Why the pics and vids help
* Final uploading of all text
* Overview
* Begin to recognize canditates who can help me with surveys
* Forming the survey which I can give to people in my grade so they can know about the awareness side of website
* Finish up everything and review successces in order to prepare for report writing
* Explain the information I have already received via email. Several printscreens of process insert throughout
* Decide which entries are best
* More emphasis on global context
* Read email and make improvements
* Talk about formatting of pictures and how you have to number them.

**Wednesday, November 19, 2014**

Today I am making the finsihing touches to my website. All of the information has been written but now at this point I need to decide what pictures and videos to add and how I want everything on my website to be styled. For my scoliosis stories page, I received two entries by email, however the rest were sent to me by instagram direct messages, I can’t copy and paste instagram messages and they can’t be viewd on a computer and so because of this I had to take screenshots on my phone, send them via email, then open and save them on my computer and then upload them to my website. I didn’t want to have to re-write all of the entries so I just put them in how they were. Then I realized that the entries had numbers on them from answering the survey questions. Instead of re-writing all the entries so that they flowed better I decdied to put the survey at the top o fmy website so that people could see what was being answered. As I continued to go through my website looking at formatting I noticed that some of the terms such as cobb angle or lumbar curve may not be understanable to the general public or those who just got diagnosed with scoliosis. Considering my goal is to raise awareness and support I think that all aspects of my website should be clear to understand and so therefore I decided to add a picture of how the cobb angle is measured as well as a picture of the different types of scoliosis curves. From these pictures the reader will grasp a better undersatnding of scoliosis and understand the medical terminology therefore in order to support people who have just been diagnosed with scoliosis and may not know what it is these pictures will help to support them. Because these pictures are not my own I intext referenced them on my site in order to ensure there is no plagirism. Whilst uploading the pictures to my website, I attempted to upload the video I took for my physio tips page, unfortunately I could only add youtube videos to my website. Because of this I decided not to upload a physio tips video, as I don’t have a youtube account and in reflection the video wasn’t that great and I could still fulfill the sub-section of physical health from my GC by describing and explaining the Schroth method of physio. I also decided that given that I am not a professional physio it is hard to make a generalized video anyway. I decided to do this page with explaining the three dimensions of correction for the Schroth method of physio and possibly giving examples as well to further clarify my explanation. At this point reflecting on my criteria I have now not fulfilled two. This is not great considering at the start I planned on achieving all my criteria, however given that I had good reasons for not doing the assembly and not doing the video, I don’t think my product or project have been in anyway compromised. Considering my final goal of raising awareness and supporting those with scoliosis I think I will have definitely fulfilled supporting those with scoliosis as I have a very large, organized and informative website. I think I will have to some extent raised awareness for scoliosis as well by the exhibition and also making some of my classmates look at my website and fill out a survey. Although I have not raised awareness to the extent I originally planned, I think it is better to have one goal that can be more focused on. I also think my goal of supporting those with scoliosis is better linked to my GC and therefore easier to fulfill and reflect upon. Today I also formtted my website so that it had drop down menus and I think this was a good feature to have because it makes my website more organized and also shortens the page length so people don’t find it boring reading all one page. Yesterday, I had a meeting with my supervisor and I am overall very happy at the progress of my project that has prepared me for writing the final report this weekend. There was only one obvious problem with my website and that was that my bibliography couldn’t have some of the special german letter so I had to change them to an anglisized version, however this was easy so it didn’t cause much of a problem. Overall I think my product is practically finsihed and all I have to do now is to write the report and devise a surevy to give my classmates which will finsih my research and act as a raise awareness part of my project. I think that since we will have to do homeroom presentations on our projects I can hand out the survey then and have my classmates complete a survey asking them if they know what scoliosis is after hearing about my website. If they knew abot scoliosis before I told them, and I will ask if they have ever been checked for scoliosis. I think these are three questions that would overall summarize for research very well as it would give me an indication of awareness and therefore help to show how successful my project will be if out of all the people who don’t know of scoliosis before know about it because of my project. I could also add this survey to a facebook page as a lot of my friends who are doing personal project have done this and so I could do this to. I could use the results I get from the surevy to provide statistics at the exhibtion to show the lack of awareness and then help me to possibly raise more awareness. Overall I think that my website is very good and has addressed the majority of the criteria I made for myself. I also think that my website successfully adddresses my chosen global context, and I have provided a brief explanation of this on my website:

I devised the survey in order to help me as part of my research for this project. My aim was to make this website to address mental health, relationships, and physical health regarding scoliosis. This website is being made for my MYP personal project where I have to make a project based on a certain Global Context, I chose Identities and Relationships. The questions in the survey help to show how relationships between friends and family were affected by scoliosis, how 'mental health' was affected by seeing how scoliosis changed people identities and how physical health was affected by seeing the pain level of those with scoliosis.

From these stories I have concluded that all three of these areas are affected greatly by scoliosis and so I created this website to address each section. Physio tips has been designed in order to help with pain and physical health in scoliosis. How to deal with scoliosis > Managing pain section was created to help with pain form scoliosis also addressing physical health.

The Fashion pages on my website were created to help address the mental health aspect, as for those with braces or uneven torso due to scoliosis they can see what to wear to help them gain confidence and find scoliosis easier to deal with. All the other pages on this website have also been made addressing mental health as I want viewers of this website to feel better and more informed about scoliosis after seeing it, which in turn would help with positivity and determination in approaching their scoliosis as well as making them feel as if they are not alone.

The scoliosis stories page is made to show how different people relationships have changed in regards to scoliosis which helps to show how to approach relationships with friends and family with scoliosis. My scoliosis story page also has a lot of information about relationships and advice for those with scoliosis. The how to deal with scoliosis page > wearing your brace to school page also helps to deal with this aspect as hopefully it will help people approach their relationships with their teachers and friends in a better way in order to feel comfortable with a brace at school.

From this excerpt it can be seen how I summarize the scoliosis survey resaerch and I think that I can add something similar to my website addressing the surevey about awareness that I will hand out this week. Overall my website addresses the aspects I wanted it to and I created this extra page on my website to explain to those on my website why I did the pages I did and what each page is supposed to address. At this point I can now begin writing my report as I have completed my project and I have begun to reflect on my product and process which in turn has prepared me for the beginning of writing the report.

* Screenshots of insta pics
* Drawing of cobb angle
* Drop down menus
* Summary of project GC’s page
* Bibliography fix german stuff (pp meeting tues 18)
* Home page survey overview
* No physio video
* Reflect on criteria
* Talk about beginning of report
* Two cited pics
* Making of final website survey
* Who can help me
* Describe website with GC
* Measuring success