The Scientific Method in Everyday Life

# Introduction

The [Scientific Method](https://www.khanacademy.org/science/high-school-biology/hs-biology-foundations/hs-biology-and-the-scientific-method/a/the-science-of-biology) isn’t just for Science classes and doing experiments in a lab. The process is useful in all kinds of scenarios. It is a reasoned and ordered approach toward actions, consequences, and identifying changes that may need to occur for a desired result. Your whole life is like one long experiment.

[Watch Scientific Method overview](http://www.youtube.com/watch?v=N6IAzlugWw0)

# Review

If you remember a few years back when you first heard about it you likely took notes on it like this:

1. Observation
2. Question
3. Hypothesis
4. Prediction
5. Test prediction
6. Results

Repeat as needed.

You might use this process when trying to determine a course schedule, career path, a major in college, or planning for home improvements. Your sink doesn’t work. In your head you run through the potential causes; determine a possible cause, decide you are going to work on that issue then see if it works. If works, great! If not, you run through the process again and maybe even pay someone to do it for you.

# You Try

Your task is to find a scenario in your life in which you can apply and report back on the Scientific Method. Some potential examples follow, but see if you can come up with your own and report back using the template.

Examples:

* Improve a recipe - alter ingredients; bake time; ratios; etc.
* Play a video game that allows for choices and run through multiple scenarios.
* Improve your sleep - change routines; room configuration; media habits; etc.
* Alter your diet - Change the ratio of protein, carbohydrates, fat in your diet and document how you feel.

# What Happened?

Report on your findings by documenting your process:

1. What observation did you make in which you tried to alter the variables?
2. When you made a change, which question were you trying to answer?
3. What did you think would happen when you made that change?
4. What was your prediction about what would happen?
5. How do you know the change you made was influencing the results?
6. What happened? Can it be repeated?