Mrs. Pruett's 8th Grade

How I Spend My Time?

You are going to spend the week collecting data. Throughout the day, you will calculate how many hours you spend doing certain task. Just remember, each day equals 24 hours. If you spend less than an hour doing something, there is a table(below) to help you calculate to equal to hours. At the end of each day, you have questions to answer. We will be continuing this into a presentation. Therefore, take pictures of yourself doing any of the tasks.

# of Hours	
15 Minutes	0.25
30 minutes	0.5
1 Hour	1
1 Hour & 15 Minutes	1.25

How I Spend My Time

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Hours
Cleaning								
Eating								
Outside								
Schoolwork								
Sleeping								
Social Media								
Texting/Calling								
Video Games								
Watching TV								
Other								
Total Hours	24	24	24	24	24	24	24	168

Questions after Monday:

1. What did you spend most of your time doing?

2. What was the second thing you spent the most time doing?

3. What do you wish you had more time doing?

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Questions after Tuesday:

1. What did you spend most of your time doing?

2. What was the second thing you spent the most time doing?

3. What do you wish you had more time doing?

Questions after Wednesday:

1. How did you make sure each day equals 24 hours?

2. What should your total hours be for the entire week? How do you know this?

3. Are you starting to see a pattern? If so, what pattern?

Questions after Thursday:

1. What are the days of the week considered? Row or Column?

2. If you could add any task to the list, what would it be? Why?

3. What was the hardest task to calculate? Why?

Questions after Friday:

1. If we were using this data in a spreadsheet, what would we need to do to find the total hours for each task?

2. What formula or function would you use?

3. Do you believe Saturday and Sunday will be similar to each other or the same as the other days? Why?

REMINDER! Make sure to take pictures of you doing the tasks. We will use this in the coming week or so. If you want to send them to me through email, Breanna.pruett@crossettschools.org or on Remind. Also, please send me a message through email or on Remind (@g6a78h) letting me know that you can use your Chromebook.

Excel – Energy Drink Spreadsheet

Objective: Create a spreadsheet that calculates the AVG, MIN, and MAX values for popular energy drinks. Format the cells by adjusting column and rows and applying cell styles. Include a page header and alphabetize the list.

Directions:

1. Open a new, blank Excel workbook.

2. Click **Page Layout | Themes** and change the theme to 'Trek'

3. Click **Page Layout | Orientation** and change to 'Landscape'

4. Click **Margins** and change the margins to 'Narrow'

5. Enter the following data

Cell A1: `Popular Energy Drinks`
Cell A2: `Nutritional Value`

Column Headings - Row 3 (Range A3:F3) <u>Pay attention to correct capitalization and spelling</u>. Make sure that the words are appearing on two lines where indicated above. To separate words on different lines, press **ALT + ENTER** before typing the word that should be pushed to the line below

A3: `Drink Name`
B3: `Serving` (press **ALT + ENTER**) `Size`
C3: `Calories` (press **ALT + ENTER**) `per` (press **ALT + ENTER**) `Serving`
D3: `Carbs`
E3: `Taurine`
F3: `Caffeine`

Row Headings – Range A4:A12

Cell A4: `Red Bull`
Cell A5: `Monster`
Cell A6: `Rock Star`
Cell A7: `Full Throttle`
Cell A8: `Amp`
Cell A9: `5-Hour`
Cell A10: `Average`
Cell A11: `Highest`
Cell A12: `Lowest`

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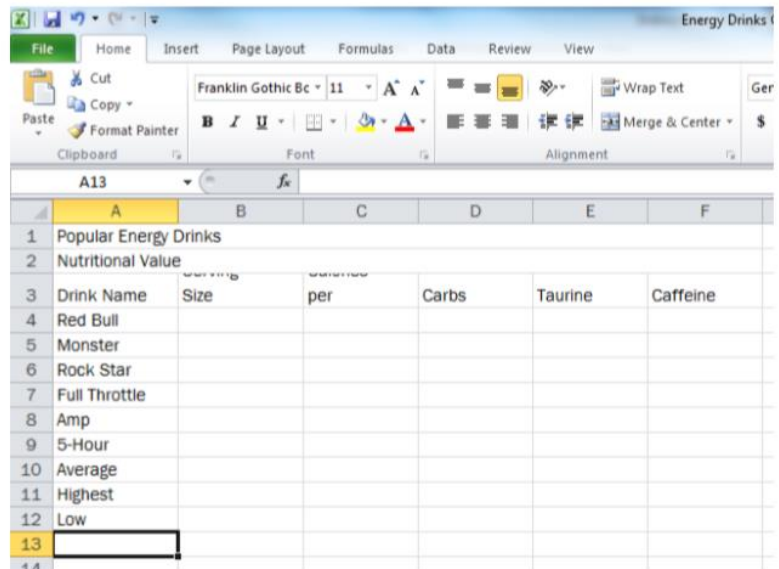
Excel – Energy Drink Spreadsheet

6. Add the following numerical data in the cells as indicated:

Drink Name	Serving Size	Calories per Serving	Carbs	Taurine	Caffeine
Red Bull	12	115	40	1000	120
Monster	16	200	54	1000	160
Rock Star	8	280	58	1000	200
Full Throttle	8	111	29	605	72
Amp	16	110	29	20	75
5-Hour	2	15	3	0	139

7. Apply the following formatting

A1: Merge and Center across to Column F
A2: Merge and Center across to Column F
A1:A2 Apply Cell Styles *Title*
A1: Change font size to 24-pt
A1:A2 Use the Paint Can icon on the Home tab to apply a fill color of your choice
A3:F3 Apply Cell Styles *Heading 3*
A9:F9 Apply a bottom border using the Borders button on the Home tab
A10:A12 Bold

8. Change the following Column Widths and Row Heights

Columns A:B: Width 11
Columns C:F Width 10
Row 3: Height 65
Row 10: Height 36

9. Add the following formulas: (remember to use the equal (=) sign to begin each formula)

B10:   = AVG (B4:B9)
Press the 'Decrease Decimal' button multiple times until there are no decimals in cell B10
The result should be 10

B11: = MAX (B4:B9)
The result should be 16

B12: = MIN (B4:B9)
The result should be 2

Select cells B10, B11, and B12
Use the Fill Handle to copy all 3formulas across to cell F12

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Excel – Energy Drink Spreadsheet

10. Select range A4:F9 and from the Home tab, click **Sort & Filter | Sort A to Z** to alphabetize the list.

11. Select range B3:F12 and click the Center button in the Alignment group on the Home tab to center the cells. This group includes the headers above the number but NOT cell A3 or the row headings (A4:A9)

11. Click **View | Page Layout** and scroll to the top of the page to add a page header in the *center* of the page that includes your last name on line 1 and the course number (IBA 1) on line 2 of the spreadsheet.
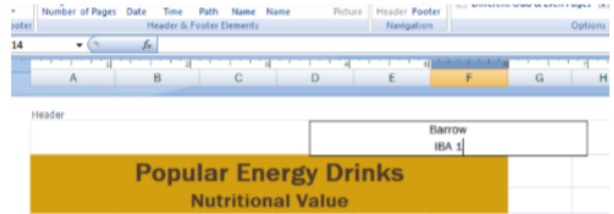
12. Click any cell except the header then click **View | Normal** to change the View back to Normal.

13. Click **Review | ABC Spelling** to run the spell checker and make sure you have no spelling errors. Also, double check to make sure you have no capitalization errors.

14. Save the file in your Excel folder with the name, *Energy Drinks*

	A	B	C	D	E	F
1	**Popular Energy Drinks**					
2	**Nutritional Value**					
3	**Drink Name**	**Serving Size**	**Calories per Serving**	**Carbs**	**Taurine**	**Caffeine**
4	5-Hour	2	15	3	0	139
5	Amp	16	110	29	20	75
6	Full Throttle	8	111	29	605	72
7	Monster	16	200	54	1000	160
8	Red Bull	12	115	40	1000	120
9	Rock Star	8	280	58	1000	200
10	**Average**	10	139	36	604	128
11	**Highest**	16	280	58	1000	200
12	**Low**	2	15	3	0	72

Grading Rubric: (10 pts)
1. Data added to spreadsheet (2 pts)
2. Spreadsheet formatted (4 pts)
3. Formulas added (3 pts)
4. Page header added (1 pt)

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Directions: You will not need to type this document. You will make the changes listed below to the document.

1. Center and Bold the title- Use an 18 pt font style of your choice.

2. The rest of the document should be in a 12 pt Cambria font.

3. Place the main part of the document (NOT THE TITLE OR LIST BELOW) into three columns with a line between.

4. Use the "Justify" alignment for the words within the columns.

5. Use the find and replace option to change the word "down-hill" with "slalom"

6. Use spell check to correct the spelling of five different words. Words that are **names are okay** and do not need to be changed.

7. Number the list at the bottom of the document. Use the number with parentheses style- **For example: 1)**

8. Use 1.15 Line spacing for the numbered list.

9. Add a picture that has to do with the Olympics or skiing somewhere on the document that looks nice.

10. Save as Assignment #3.

11. Make sure to add header.

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Tina Maze Wins Giant Slalom

Tina Maze skied through rain and snow to win Olympic gold, and then swam through slush to celebrate. In tough conditions on the slopes above Sochi, Maze won her second gold medal of the 2014 Games by leading the giant down-hill from start to finish.

The Slovenian skier is the first woman since Marie-Theres Nadig of Switzerland at the 1972 Sapporo Games with enough versetility to master the downhill's test of pure speed and the giant down-hill's more technical turns at the same Olympics. Wearing bib No. 1, Maze skied cuatiously and cleanly through the gates to finish 0.07 seconds ahead of Anna Fenninger of Austria. Maze celebrated by belly-flopping onto the wet snow and pretending to swim the breaststroke.

Defending champion Viktoria Rebensburg of Germany was third, trailing 0.27 behind Maze's two-run time of 2 minutes, 36.87 seconds. American teenager Mikaela Shiffrin placed fifth in her Olympic debut, missing a medal by just 0.23 seconds.

"Next Olympics I go to, I'm sure as heck not getting fifth," said Shiffrin. Her goal was gold on Tuesday. But under difficult conditions the 18-year-old gained some valuable experience that could pay off when she goes off as the favorite Friday in the down-hill.

"I wanted a gold, but I also think this was meant to happen," she said. "It's something I will learn from the next Olympics I go to I'm sure." The closest thing to a replacment for the U.S. in the Olympics for the injired Lindsey Vonn, Shiffrin had a chance to boost the flagging hopes of the country's ski team by snatching a medal in her Olympic debute.

Here are how the top ten finished:

Tina Maze- Slovenia
Anna Fenninger- Austria
Viktoria Rebensburg- Germany
Nadia Fanchini- Italy
Mikaela Shiffrin- USA
Maria Pietila-Homner- Sweden
Jessica lindell-Vikarby- Sweden
Anemone Marmottan- France
Lara Gut- Switzerland
Dominique Gisin- Switzerland