

2026-27

Quinte Regional Science and Technology Fair
Expo-sciences régionale de Quinte



**QUINTE REGIONAL SCIENCE AND TECHNOLOGY FAIR (QRSTF)
SCIENTIFIC METHOD WORKSHEET**

Student Name: _____
Grade: _____
School: _____
Project Title: _____
Date Started: _____

WHAT IS THE SCIENTIFIC METHOD?

The Scientific Method is a step-by-step process used by scientists to investigate questions and solve problems.

Steps of the Scientific Method

1. Ask a Question
 2. Conduct Research
 3. Form a Hypothesis
 4. Design and Perform an Experiment
 5. Collect Data
 6. Analyze Results
 7. Draw Conclusions
 8. Communicate Findings
-

STEP 1 – ASK A QUESTION

What question do you want to investigate?

Examples:

- Which paper towel absorbs the most water?
- How does sunlight affect plant growth?
- Which bridge design supports the most weight?

My Research Question

STEP 2 – BACKGROUND RESEARCH

What information did you learn about your topic?

List at least three facts.

Fact #1





Fact #2

Fact #3

Sources Used

Book, Website, Article, Expert, etc.

1.

2.

3.

STEP 3 – FORM A HYPOTHESIS

A hypothesis is an educated prediction.

Hypothesis Formula

If _____,
then _____,
because _____.

My Hypothesis

STEP 4 – IDENTIFY VARIABLES

Independent Variable

(The factor you change.)

Dependent Variable

(The factor you measure.)

Controlled Variables

(The factors kept the same.)

1.

2.

3.

4.



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STEP 5 – MATERIALS

List everything needed for your investigation.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

STEP 6 – PROCEDURE

Describe the steps you will follow.

Step 1

Step 2

Step 3

Step 4

Step 5

Step 6

Step 7

Step 8

STEP 7 – DATA COLLECTION

Observations

Record what you observe during the investigation.





Data Table

| Trial | Measurement/Result | Notes |
|-------|--------------------|-------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |

Additional Data

STEP 8 – RESULTS ANALYSIS

What patterns or trends do you notice?

Were there any unexpected results?

STEP 9 – CONCLUSION

What did you discover?

Was your hypothesis supported?

- Yes
- No
- Partially

Explain:



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What would you change if you repeated this project?

What future investigations could be done?

REFLECTION

What was the most interesting thing you learned?

What was the biggest challenge?

What skill did you improve during this project?

TEACHER / MENTOR REVIEW

Comments:

Teacher/Mentor Signature:

Date:



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QRSTF SCIENTIFIC METHOD CHECKLIST

- Question identified
- Research completed
- Hypothesis written
- Variables identified
- Procedure developed
- Data collected
- Results analyzed
- Conclusion written
- Reflection completed
- Ready for Science Fair Presentation

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"Every Great Discovery Begins with a Question."

