Project initiation helps determine the key aspects of the project and it also helps with the decision making of the project. Using project initiation helps you lay out your project, so you know how to start it, by laying out the foundation for it. Project Initiation is for the project team members to propose ideas and plans and evaluate them and provide the things needed for the project. Another reason for project initiation is to help with the execution of the project, which helps with the key tasks of the project, and keeps up with the work being done, by reporting the progress.

Hello class a goal is something you can achieve that is normally take a longer time to achieve than an objective. An objective being a shorter achievement than a goal, it is also a way to measure your completion to a goal. A deliverable is used to describe the services needed to complete the project. Requirements in a project are the functions, features, and task needed to complete the project. A milestone in a project is a point in a project that measures the progress to the completed outcome.

Hello Class, the main objective of the article Effect of Screen Time on Recovery From Concussion A Randomized Clinical Trial is to determine if screen time is effective to people who is suffering from a concussion. In conclusion they came to the idea that limiting and staying away from screen time will shorten the duration of a concussion. The authors also talked about it being helpful to do more research to show the effect of screen time, by doing a multicenter study. I believe this article is telling the truth about their research because of the citations listed on their reference page and also the studies they recorded while doing the research about the topic.

Macnow, T., Curran, T., Tolliday, C., Martin, K., McCarthy, M., Ayturk, D., Babu, K. M., & Mannix, R. (2021). Effect of Screen Time on Recovery From Concussion: A Randomized Clinical Trial. *JAMA Pediatrics*, *175*(11), 1124–1131. <https://doi> org.libauth.purdueglobal.edu/10.1001/jamapediatrics.2021.2782