One Gen-Ed course requirement assignment I did was a lab experiment and report for my General Education Science Breadth requirement of SCI-1010-1 The Sciences.

For this lab experiment and report, I worked with two other students by coming up with an experiment idea that we would do which was seeing what kind of effect Cool Mint Listerine Mouthwash would have on that of E. Coli by first discussing the various different benefits that mouthwash has along with also talking about its purpose with what it's mainly used for as well. We then did our experiment from there with documenting everything down during it where we then added it all to our report after that which consisted of what we did for our experiment with how we exactly did it, the kinds of questions we wanted to have answered, our hypothesis, the materials and methods we used in our experiment, our results that we ended up getting, a discussion of the experiment with saying whether it supported our hypothesis or not along with also saying everything we would and could do differently if we were to repeat the experiment, and also a couple tables showing the amount of E. Coli bacteria growth there was when exposed to Cool Mint Listerine Mouthwash for a certain amount of seconds each.

When it comes to what I learned from this assignment, that would be how to work in a group with the overall step-by-step process of performing a Science experiment with deciding what to exactly do, performing it, and documenting everything down during and after it.