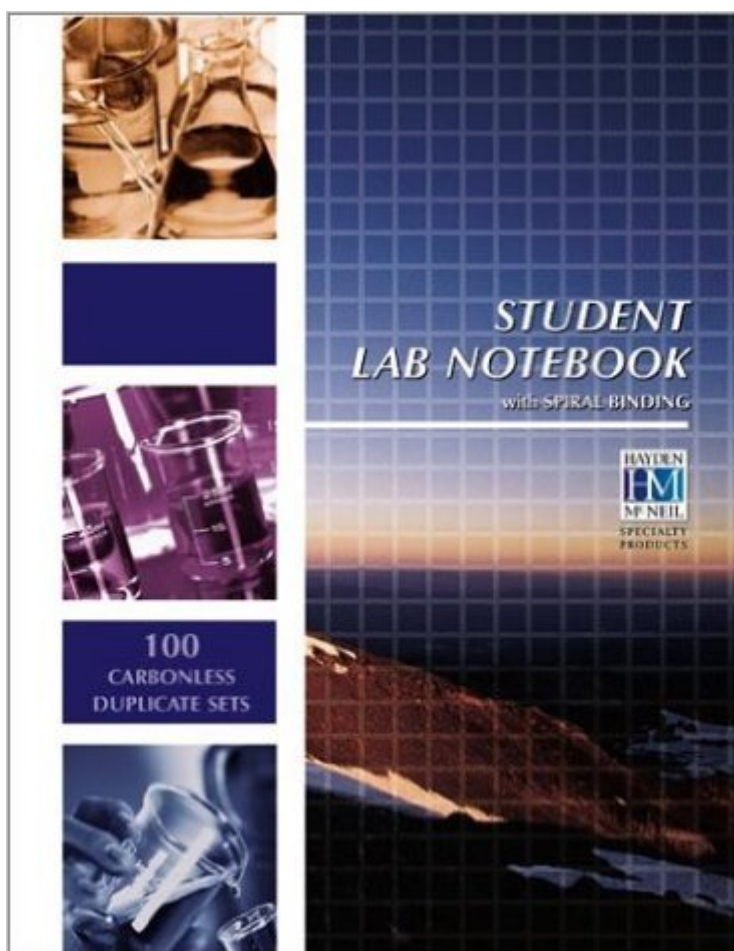


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# Student Lab Notebook: 100 Spiral Bound Duplicate Pages(Package May Vary)



## Synopsis

100 Carbonless duplicate pages sequentially numbered. Copy (bottom page) perforated. Fully laminated front and back cover. Back cover folds over to prevent bleed through between sets. Durable plastic coil spiral binding allows notebook to lie flat. Cover contains most up-to-date Periodic Table and general lab reference information. Table of Contents page and How to Keep a Laboratory Notebook guidelines included.

## Book Information

Spiral-bound: 100 pages

Publisher: Hayden McNeil Publishing; 2013 edition (November 1, 2000)

Language: English

ISBN-10: 1930882742

ISBN-13: 978-1930882744

Product Dimensions: 0.8 x 9.2 x 11.2 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (343 customer reviews)

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## Customer Reviews

These books are pretty standard for lab researchers or for students. I used them for my General and Organic Chemistry lab courses. The Good:-They are durable. The spiral binding isn't flimsy, and it won't fall apart.-The duplicates are not carbon based.-The sheets are quadrille ruled.-If you spill chemicals on your notebook (like I did every day), as another reviewer said, the paper absorbs the chemicals really quickly. But the copy isn't really affected.-Comes with a handy periodic table and reference table on the divider.-The duplicates are fairly clear and legible The Not So Good:-Be careful what you rest on the notebook because if it's pointy it will leave stray marks on your copy. Miscellaneous Remarks:-I can't say this enough, but MAKE SURE YOU PUT THE DIVIDER BEHIND YOUR PAGE and the duplicate. If you don't do that, whatever you write will be imprinted onto the following 1 or 2 sheets (3 if you push hard when you write).-The copy may look really faint at first, but give it some time. After a few minutes whatever you wrote or drew will become darker and easier to see. These books are expensive, yes, but they are very useful. I still have mine and look back for reference. Thanks for reading my review!

This lab notebook is sold at the bookstore of my college for \$24 dollars. It is much cheaper here on , plus, it is a high quality lab notebook. The pages don't feel cheap and the spiral binding makes it very sturdy. This is my favorite lab notebook.

This lab notebook is an excellent buy. The spiral binding makes using it so much easier and more convenient, and the carbon copy sheets are actually simple to remove, with well manufactured perforated strips. Its a bit pricey at first glance, however, it has been well worth the purchase for me (since all student stores in my area only have the glue bound 'flip-book' style that is just terrible).

This lab notebook is a great way to permanently document and record observations in lab. For those of you who are looking into buying this and don't know exactly how this lab notebook works, I'll try to go into detail about the mechanics of the notebook and my thoughts on it. This notebook comes with exactly 100 pages, each page has a carbon copy page right after it. So, when you are taking notes onto a page, the page right after it will be an exact copy of the original one. I write extremely hard, but the carbon stopper is sturdy enough to keep my writing from going through to the next page. The copy pages are perforated and can easily be torn then turned in for grading. Being able to turn in the copy of my labs, and keeping the original was extremely helpful. Almost all of my T.A.s, would not return labs until the end of the quarter. This became a problem when reviewing for exams. Some exam questions revolved around expected lab results and mechanisms involved in the experiments, these had been written in my lab and turned in. Without my notebook, I would have to look up these things again, but when I got this lab notebook I was able to keep the original and just review from it. There is a colorful and very detailed periodic table of the elements on the carbon stopper that proved very useful when I wanted to calculate molarities, concentrations and molar mass of experimental compounds right there in lab. There are also some general physical constants, formulas and conversion factors for those who need reminding. The binding is pretty awesome. The spiral binding does bend, but it does not stay bent (if that makes any sense). It is very sturdy. The pages are gridded. So, it is easy to make graphs and tables in the notebook. The pages are also numbered which is great if you would like to utilize the table of contents page provided. I've used this same lab notebook for 3 different science classes that spanned over 2 years, and I can say it is very durable.

I received the yellow covered version. I'm not happy about it. It has the same information/charts but

in a different and far less appealing format. I appreciate that there are 100 pages and that the copy page is the one that tears out. My university considers these legal documents (training for the real world) and collects the copies.

I love how the duplicate copy ISN'T a tacky yellow color; it looks like a normal white sheet of note paper. I purchased this book because I'm a notetaker for one of my Biology classes and I tear out the copies after every class to give to another student. The writing looks clear and dark on the duplicate page. My favorite part about this notebook is that the grid lines and the middle column divider line aren't as dark blue as the ones you see on normal grid or notebook paper. The lines are light enough to give me a sense of direction of where to write and how to keep the text straight, yet at the same time it gives me the freedom to go over the lines without the text looking unorganized. I draw a lot of figures too, and again, the gridlines don't look like they're in the way of my drawings.

I previously had the green cover "Life Science" version from the same company with about 70 pages. Compared to that one, this was more difficult for the writing to transfer to the copy page. The copy page on this notebook had a more "waxy" feel to it. In the copy pages, the yellow highlighted portions such as the name and date boxes barely had your writing visible, and you would have to either press very hard or rewrite in that portion. This whole notebook did save a lot compared to the others with less amount of pages, though.

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