



Your name: Rachel Davison

Learner Reflection and Self-Assessment

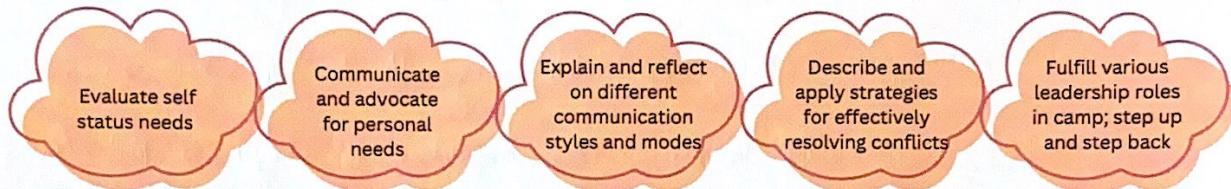
The reflection and self-assessment has three parts and is to be completed at the end of the program during your stay at Mountain Research Station at the end of your expedition.

Email all artifacts to gor@colorado.edu

PART ONE: LEADERSHIP AND PERSONAL GROWTH

1. Review the leadership and personal growth learning targets below. Describe one learning target as it was demonstrated in action during your Girls* on Rock expedition.

1. What did you learn about yourself on this expedition that you can take home with you?



"Fulfill various leadership roles in camp; step up and step back" was demonstrated in the distribution of essential roles in camp. While every day we were assigned specific roles, such as getting water or washing dishes, everyone kept track of both their own and everyone else's roles, and made sure to either remind or replace others when they didn't manage to complete all the duties of the role, so that the camp kept running smoothly regardless of the actions of each individual. For example, even though three people each day were assigned to carry water from the lake and filter it every day, other girls often carried water even when it was their day off, because we recognized the importance



Girls* on Rock

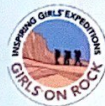
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of having clean water available.

Something I learned about myself on this expedition that I can take home with me is that I am capable of taking charge of a situation. Historically, I have been more of a follower than a leader, and while being able to step back is an important skill to have, this expedition has taught me that when it is needed, I can also step up and make sure that things are happening on time and the way they should be, even without the support system I am accustomed to.



Girls* on Rock

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PART TWO: SCIENTIFIC PROCESS

1. Think about what you learned during the research project aspect of the expedition and reflect on the following:
- a. What did you learn about the scientific process?
 - b. What parts of this process came easily for you?
 - c. Which were more challenging?
 - d. Is a career in science something you see for yourself?

I learned that the scientific process can happen fast, over the course of hours and days, and that science can happen without ~~the~~ a lot of tools or preparation. In the backcountry, we came up with research questions and answered them in the space of a couple days, which I wouldn't have been able to imagine beforehand.

The part of this process that came easily to me was coming up with research questions, because there is so much I don't know about the world around me.

The more challenging part was figuring out which questions to answer and how, especially in the backcountry, where I couldn't look at any existing research on related topics. I found it hard to just start collecting data without being able to access any information that might have proved relevant to our research or helpful in designing our method.



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A career in science is definitely something I see for myself. While I don't know exactly what field I will go into, I am constantly questioning the world around me, and ~~so~~ I find science, which endeavors to answer those questions, interesting in all its aspects. I also enjoy how concrete science can be while there will always be more questions, their answers tend to be firmer than those in ^{fields like} history or psychology, where individuals can act erratically.



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PART THREE: WILDERNESS SKILLS AND STORYTELLING

During the expedition, you served as a journalist and storyteller for at least one day. Take a photograph of the way you chose to tell the story of that day. Why did you choose this medium?

OR

Through your choice of art form, share with us the story of one of your most memorable moments from the expedition (e.g. climbing, summiting a peak, setting up camp, cooking, etc). If your chosen medium is not written language, please provide a caption for context. Take a photograph of this story.

Email photographs to gor@colorado.edu

~~The photo was of...~~ One of the most memorable moments from the expedition was climbing at Red Rock near Eagle Creek, because of the view, the challenge, and the feeling of accomplishment. Climbing outdoors was an experience I had never had before, and so while it was extremely challenging to learn how to find handholds and hoist myself up the vertical rock, finally making it to the top and being able to look out over the trees across the valley was an amazing experience, made even better by the knowledge of how hard I had worked to be able to see that view.



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