



Your name: TOVATZIN GARCIA

Learner Reflection and Self-Assessment

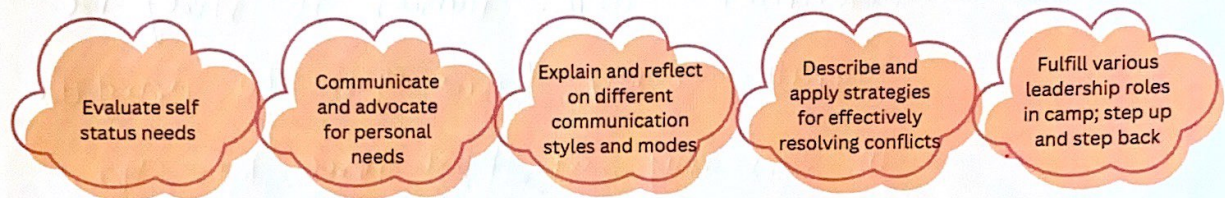
The reflection and self-assessment has three parts and is to be completed at the end of the program during your stay at Mountain Research Station at the end of your expedition.

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?



Describe and apply strategies for effectively resolving conflicts. This target was the most prevalent throughout the expedition. Within the 10 days of camping, there were many instances where resolving conflicts was necessary. For example, when it rained, we needed to set up a tarp. It was very difficult so we put our heads together.



Girls* on Rock

cires.colorado.edu/ceee/programs/girls-rock



Your name:

Torreyah Gairnes

On the course of this trip, I learned that I assimilate to new environments well. Although it may be initially scary, I was able to navigate all on my own. First time in an airport, on a plane, camping and in a new state. With the support of Chelsea, I did it. But I recognize it was me who took the steps.



Girls* on Rock

cires.colorado.edu/ceee/programs/girls-rock



Your name: Tenzin Gyinda

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 is very time consuming. You must review, correct, review, and review again. Parts of the process that are easy was forming questions. I am naturally a curious person.

Something more challenging was narrowing down my questions.

d. I believe, yes, science is a potential career for me.

I have always been interested in STEM, as a result of this Expedition, I have a growing interest.



Girls* on Rock

cires.colorado.edu/ceee/programs/girls-rock



PART THREE: WILDNERNESS SKILLS AND STORYTELLING

Your name:

Torrey Laine

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

My chosen medium was Art (Painting, drawing). I enjoyed every aspect, difficult + not easy. I appreciated these moments where we sat, looked at these new views, and expressed ourselves, on paper with words. I enjoyed the new experience, everything that we experienced, was entirely new. And that was amazing.



Girls* on Rock

cires.colorado.edu/ceee/programs/girls-rock

