

Your name: Tunmise Adewale



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?

- Evaluate self status needs
- Communicate and advocate for personal needs
- Explain and reflect on different communication styles and modes
- Describe and apply strategies for effectively resolving conflicts
- Fulfill various leadership roles in camp; step up and step back

I think throughout ~~out~~ the trip I learned more about making my feelings heard and knowing when to step back. I usually find it hard to talk to adults so it was really an eye opening experience. I've learned that adults aren't always scary and asking for help isn't being a burden. And when I do get the help I need everyone is a lot happier. bottling feelings is never the solution and just results in a hurt me and painful words that can't be taken away.



Girls* on Rock

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



Your name: Tunmise
Adele

Therefore i've learnt that being myself and asking for help when needed is always the best thing. I think I'm going to take back more open communication and putting myself first in some situations. I'm also going to take back the experience I had with working with so many different people. playing on eachother's strengths and weakness makes the team stronger as a whole



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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:
- What did you learn about the scientific process?
 - What parts of this process came easily for you?
 - Which were more challenging?
 - Is a career in science something you see for yourself?

I learnt that the scientific process is not as boring, scary or hard as it may seem. Prior to this program I found the idea of research entirely petrifying, but having done so I see that it can be anything you want it to be. Anything can be interesting to you and as long as you have fun / confidence things (usually) go right. I think I found collecting and analysing the data easy while waiting was properly found the trickiest. Each sample took around 20 mins, now double that by $\times 30$ and it becomes a very long time. But understanding that with more time our group would reap better results, it wasn't as difficult as anymore.



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I definitely see myself in a career with science.

But I'm not sure whether biology or
environmental science may play a role.

I think that this program has ~~def~~ made
me more perceptive to joining a role in
science though.



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PART THREE: WILDNERNESS 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

I was the last artist on the last day so I thought
 It would be cool if I got "our Experiences"
 from everyone in a language they knew or
 was a part of their culture. It was super
 fun listening to everyone's languages and
 learning how to say the words. I did this
 because I've always found different cultures
 fascinating and I wanted to share mine
 aswell!!! :)



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Our Experiences

- Mo fe so pu yin, kinni le wa se
- wo men kan dao le. 1. 我們看到了。 Linda
- Na pole yavlahyutsya krásivēyeh tovetēe. onelle
Ha pole являютя красивые цветы.
There are beautiful flowers in the field
- Nosotros completamos un viaje al lost lake Olivia
we completed a hike to lost lake
- Mé diérōn comēzōw los zancudos Tortzin
The mosquitos made us very itchy
- nā pāthāy wōrē pāttām būchēe. LaSya
I saw one butterfly
- an a grampé une montagne avec beaucoup de fleurs Rachel
We have climbed a mountain with lots of flowers
- nī shì wǒ de péng yǒu. Chris
你是我的朋友
you are my friend
- Nunca paré de buscar un alce en los montañas Mia
I never stopped looking for a moose in the mountains
breathless
- nehna nashraib kativ min moyyan ming
we drank lots of water
- ~~we drank lots of water~~ gb
- somos chicas que rockean Jenn
We are girls* who rock
- Vi ^{roll r's} är starka och tuffa flickor (okk) Mtn
we're strong and tough girls MIA