



# Learner Reflection and Self-Assessment

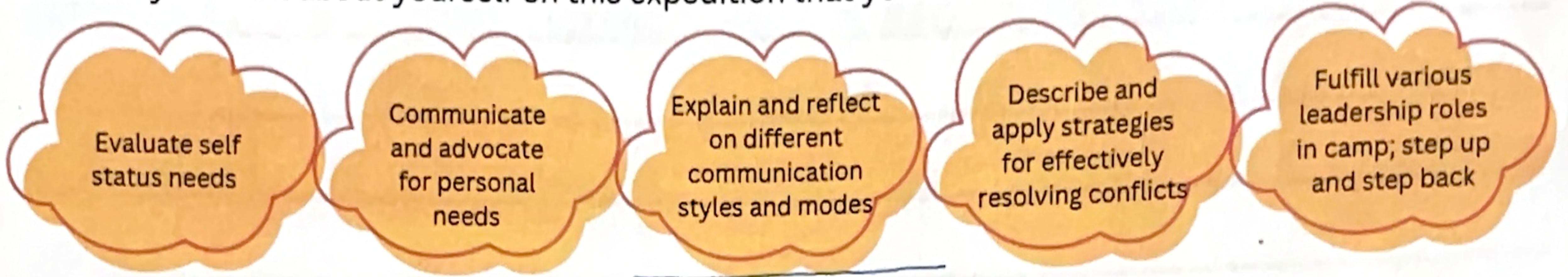
The reflection and self-assessment has three parts and is to be completed at the end of the program during your stay at Mountain Research Station at the end of your expedition.

Email all artifacts to [gor@colorado.edu](mailto:gor@colorado.edu)

## PART ONE: LEADERSHIP AND PERSONAL GROWTH

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.

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



I learned that when working with a team, everyone has a different style of communication or different preferences for certain things. The expedition taught me that it is extremely important to have good communication with your fellow teammates and to have an open mind when meeting new people. For example, certain people may be more introvert rather than extrovert, so they may be shy at first. This doesn't mean they're rude or don't like you, it could just mean they have a different style of communication and that's okay.



## PART TWO: SCIENTIFIC PROCESS

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?

a. I learnt that having a structure for your research project is very important & to follow "SMART" when planning. I also learnt to make sure that your research question is suitable in a time sense. And that it is equally good to prove your hypothesis wrong.

b. The part of meeting everyone & making friends came easy to me.

c. Getting used to the new environment and adjusting to the altitude was a bit of a struggle.

d. Yes, not environmental science, but brain science.

But this expedition definitely made me more secure in my choice.



PART THREE: WILDNERNESS SKILLS AND STORYTELLING

Your name: Anika D.

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](mailto:gor@colorado.edu)

I chose this picture b/c it was whenever we got to the peak of Mount Arkansas. It was really cool & I was very proud of myself + my teammates. I also chose this picture b/c of my friend Hailey. She is the closest friend I made in this experience so it was very special to climb the mountain with her. I'm really glad I made this amazing friendship through this program!




Girls\* on Rock

[cires.colorado.edu/ceee/programs/girls-rock](https://cires.colorado.edu/ceee/programs/girls-rock)





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Student: Aanika Dewan	Skill Observed?
Demonstrate wilderness skills by spending 12 days/nights camping, hiking and climbing with the Girls* on Rock expedition team.	
Safely and correctly set up camp gear including tents, stoves, and water purification methods	X
Safely use ropes, harnesses, and belay devices to climb and descend vertical rock in a way that mitigates risk	X
Practice leave-no-trace principles	X
Use maps and other navigational tools to establish a physical sense of place and move through the landscape	X
Practice hygiene and self-care in a wilderness environment while exerting oneself physically and mentally	X
4 out of 5 skills required	
Demonstrate successful leadership and personal growth throughout the expedition:	
Fulfill various leadership roles in camp, and demonstrate knowledge of when to step up and when to step back	X
Evaluate self-status (comfort zone, growth zone, panic zone) and needs	X
Communicate and advocate for personal needs	X
Explain and reflect on different communication styles and modes (directness vs tactful, assertiveness vs accommodating)	X
Describe and apply strategies for effectively resolving conflicts	X
4 out of 5 skills required	
Work in a small group to design and implement an experiment in a wilderness environment and present on findings.	
Ask questions based on observations	X
Formulate a testable hypothesis	X
Design and implement a process to collect the data needed to test the hypothesis.	X
Record systematic observations of natural phenomena in a science field notebook.	X
Analyze and synthesize observations.	X
Prepare and give a 5-10 minute presentation about the research findings including introduction, methods, results, conclusion, and discussion	X
6 out of 6 skills required	
Explore a variety of art forms and storytelling methods	
Explore a variety of art forms including, but not limited to: watercolor, movement, sketching, poetry, journaling	X
Use various forms of artistic expression to tell a story or a concept (including explanations of geologic processes, and your personal story)	X
Explore, discuss, and reflect on different ways of knowing (e.g Indigenous vs Western knowledge)	X
3 out of 3 skills required	
<p style="text-align: center;">Signature: _____ </p> <p style="text-align: center;">Chelsea Zaniboni (Program Manager)</p>	