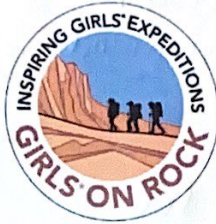


MMMM

Your name: Lasya Vijayanand



## Learner Reflection and Self-Assessment

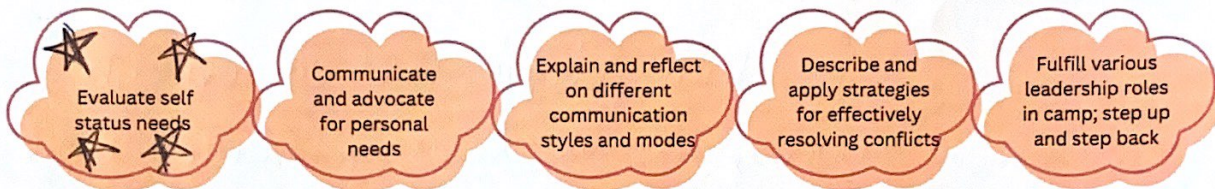
The reflection and self-assessment has three parts and is to be completed at the end of the program during your stay at Mountain Research Station at the end of your expedition.

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

### PART ONE: LEADERSHIP AND PERSONAL GROWTH

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?



During the Girls\* on Rock expedition, ~~with~~ I, other participants and the instructors learned to check in with one another, assessing if we needed a yoga/mindfulness minute or some alone time. Additionally, whenever I felt down and not my best, or I noticed another <sup>person feeling</sup> the same way, I communicated those feelings to an instructor and made sure I got what I needed (like more food, medicine, a conversation).



Girls\* on Rock

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



Your name: Lasya  
Vijayanand

Self-status needs also goes for checking in with participants. When I was safety lead, or even just a regular participant that day I made sure that people packed enough snacks, drank 2 water bottles, and took breathing & mind breaks when necessary. Similarly, I definitely felt that care and attention the other way, as participants/instructors evaluated what I needed.

I learned, during the expedition, how far/much I can push my limits. Before, I never thought I would be able to climb huge mountains with 40 lbs backpacks on my own, and the challenge of the treks were always rewarded with a beautiful view or an interesting science project.



Girls\* on Rock

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

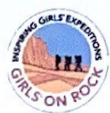


Your name: Lasya V

## 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?

a) I learned that research can be what the individual wants it to be, as through my personal science experiment, I picked what I wanted to research (soil) and dived deeper into the specifics of nitrogen in the soil, purely based on my own curiosity. Furthermore, I learned about how it is like to make a hypothesis and test out to see if my hypothesis is valid. It was so interesting to write an analysis and conclusion to my soil science experiment, as it proved basis/inspiration for future research.

**Girls\* on Rock**[cires.colorado.edu/ceee/programs/girls-rock](https://cires.colorado.edu/ceee/programs/girls-rock)

Your name: Lasya V

b) I found it interesting to come up with the initial stages of the process, including the hypothesis, IV/OV/control, and the location of the experiment. Also, I found it natural to come up with the big scientific question that the research would be ~~grounded~~ <sup>grounded</sup> on.

c) The actual experiment (for me, digging up soil samples) was pretty challenging as I had to figure out how to get the experiment going and if I was recording the results efficiently & accurately.

d) A career in science is definitely something I see myself doing in the future. Science results, ~~and~~ <sup>analyzing</sup> data, and making large-scale connections really excites me in the science field.





Girls\* on Rock

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



Your name: Lasya V

**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, summitting 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 sent a journal entry I wrote.

I chose the medium of journaling in order to tell a story because I wanted to be able to make it as descriptive as possible. Additionally, I wanted to take the journal with me and write about the daily activities and my own personal thoughts as we were walking. Journaling is a good reflection medium, as well — ~~the~~ I was able to sit down and think about the jam-packed day, including the lessons learned and ~~the~~ takeaways ~~acquired~~ acquired.



**Girls\* on Rock**

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



## Journal - Day 4

we started the day at the same time as always: 6 am. We all had a choice of bagels, yogurt, or cereal for breakfast. Then we started to prepare for our altitude hike → The altitude hike was for all of us to get used to climbing high altitudes with our backpack gear on (something we will have to do to get into the back country). We did a hike with our backpacks yesterday but today we got more used to using the hiking sticks. After driving to the starting point, we started climbing the mountain. The mountain was rocky, icy, and at times hard to climb; but the views kept getting better and better. We climbed to the summit, something I personally have rarely done, let alone with a backpack on. The altitude was tricky to deal with, but we all made it back to camp safe and sound. After a lunch

## Journal continued

make-your-own  
of bagels and wraps, we all  
participated in a science experiment  
where we had to pick a patch  
of land and identify/explain  
each of the plants and/or animals.  
It was interesting to tally up  
the varieties of wildlife in our  
patches and compare them to  
other groups' samples. We  
took a long break where  
we played games just hung  
out. We have to organize  
our backpacks for our  
hike out to the back-coun-  
try tomorrow.  
(The end)