



Your name: Mina Aisaf;

Learner Reflection and Self-Assessment

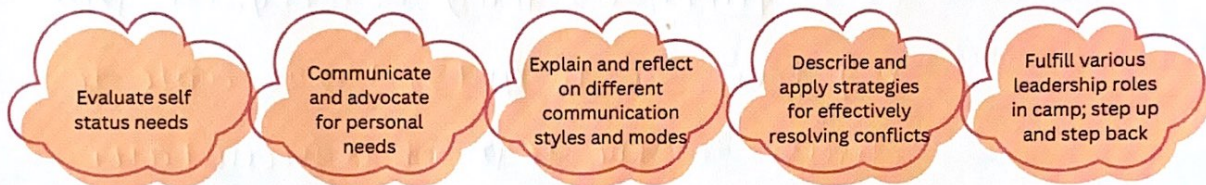
The reflection and self-assessment has three parts and is to be completed at the end of the program during your stay at Mountain Research Station at the end of your expedition.

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?



Throughout the expedition, I was able to evaluate my self needs and communicate and advocate for those needs. I always paid attention to my mental and physical health throughout the expedition. I was able to talk to the instructors with whatever I needed no matter how big or small. The instructors were very supportive and comforting so that allowed me a space to



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communicate my needs. ~~During~~ During this expedition, I learned that I am able to conquer my fears and that I can do anything as long as I try. Despite my fear of heights, I was able to climb to the top of a mountain at over 12,000 ft elevation. Also, I never rock climbed before but I still learned how to and was able to rock climb.



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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 learned that the scientific process requires a lot of observations and inferevencing. I also learned that it is good to gather as much data as possible in order to get the most accurate results. The parts of this process that came easily for me is the observation and planning part because its mostly writing and drawing. The part that was most enallenging is collecting the data because sometimes it can be very tedious. I also enjoy the analysis because this is where you can interpret the data. A career in



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science is something I see for
myself. I hope to major in either
Biology or Chemistry.



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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

One of the most memorable moments from this expedition was summiting a peak. The initial hike to the peak was tough and tiring. But once I made it to the top, it was all worth it. The view was stunning and the breeze was nice. I also got to take photographs at the peak.



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