



Your name: *Christine Chang*

## Learner Reflection and Self-Assessment

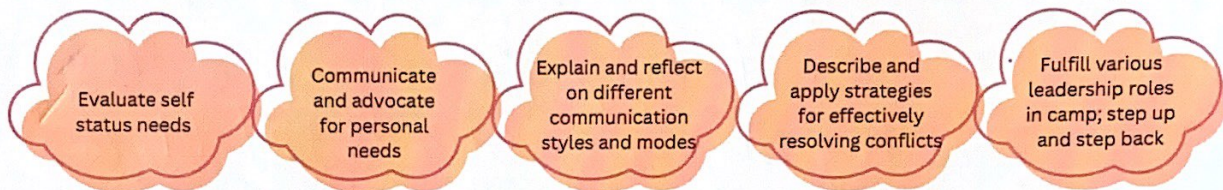
The reflection and self-assessment has three parts and is to be completed at the end of the program during your stay at Mountain Research Station at the end of your expedition.

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?



"Fulfill various leadership roles in camp; step up, step back"

During this expedition, I often found myself in a leadership role, whether that was rallying people ~~for~~ for an activity or task, helping people pitch tents and load bags, or making sure everyone had what they needed. I hope I did a good job making everyone feel comfortable, both in the outdoors and with each other.



Girls\* on Rock

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



Your name:

At other times, I reminded myself to make room for others to speak up, especially since some people were on the quiet side. This was particularly relevant during our Question of the Day discussions when I had lots to say and made an effort to keep quiet and instead ask others what they thought.

On this trip, I learned that I don't need to change my personality for people to like me. Just by being myself and being kind, I was able to make friends and have a surprisingly fun time socially, despite being smelly and gross! 😊



**Girls\* on Rock**

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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?

a. One thing I learned about the scientific process was the value of a simple, specific question. Our question was easy enough to measure and yielded clear results. I also learned to value working with others to bounce ideas off of and have fun!

b. One part of the process I enjoyed was data analysis and processing. I really liked seeing our hard work in the field come together in a way that made sense. I felt this step was what I was working towards in the backcountry.



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c. Posing questions was surprisingly challenging. While I had many questions about the outdoors and the area around which we camped, many were not testable, specific, or feasible enough. In this step it was helpful to talk with my group and the instructors to narrow things down

d. I am definitely considering a career in science. After talking to many female gear fairies who had found success and enjoyment in their work, I realize I too could try and do something similar. Many of them are enacting positive change in the world, which is quite encouraging.



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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](mailto:gor@colorado.edu)

For my journalist role I chose to write a mostly anecdotal, descriptive narration rather than reporting events. I wanted to share what stood out to me about our surroundings, and I have always thought myself to be handy with words and some vibrant imagery. Hopefully it was somewhat entertaining or thought-provoking for the other girls.



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## Journalist role

Today the fog rolls gently over the lake as light creeps into the sky. I think I hear footsteps and turn my head, but it's not a moose, just a bird. I can't feel my toes.

Later the sun peeps up from behind the trees and the frost on the grass begins to give way to sparkling dew drops as the bees make their rounds through the wildflowers. The distant mountains pierce the Earth and reach up to the sky.

The snow adorning their peaks makes a face shape, like the mountain is watching us. The girls laugh and wash dishes as the sun creeps closer to the tents. I wait for my toes to defrost.

The hike is long and quiet, only the crunch of our footsteps, the chirps of birds, and the rustle of a porcupine. But the reward is water. Lost Lake is turquoise, clear, and calm, and the water freezes my insides. A dog runs through the wildflowers.

and watches its owner scale  
the mountain. The hike down  
is raucous to distract from the  
pain in our toes.

The plants are sweating.  
A towering giant seems to be  
judging me as I steal its cover.  
Even the bugs attack when  
we fail and have covered the tree  
for no reason. The sun beats  
down and the wind seems  
weary, but the girls are chatting  
and the lake is glassy. I'm  
airing out my toes.