

Your name: Olivia Sutherland

## Learner Reflection and Self-Assessment

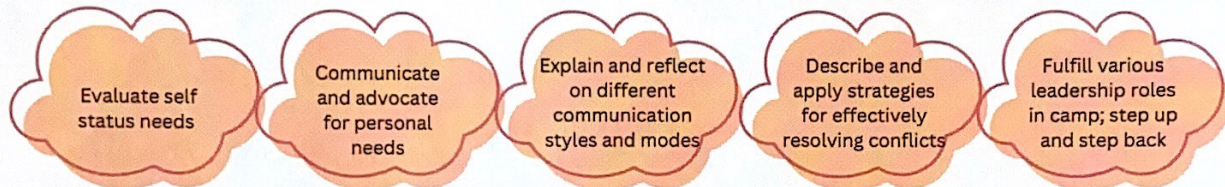
The reflection and self-assessment has three parts and is to be completed at the end of the program during your stay at Mountain Research Station at the end of your expedition.

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?



A leadership learning target that I demonstrated was communicating and advocating for my personal needs. The first few days were hard for me. I was lonely, sad, homesick, and I was crying multiple times each day. I had worked really hard to get to that point and I wasn't going to let that ruin my expedition so I spoke up and asked Jenn for help which is not something I do a lot in my daily life. I am a very independent person who does not



Girls\* on Rock

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



Your name: Olivia  
Sutherland

like to ask for help from anyone but  
I wanted to be able to enjoy the expedition  
to the fullest extent. if I had not  
communicated how I was feeling to  
Jenn and have daily check ins with  
her and ~~richelle~~ <sup>richelle</sup> i don't think I would  
be here writing this reflection.



Girls\* on Rock

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



Your name: Olivia  
Sutherland

## PART TWO: SCIENTIFIC PROCESS

1. Think about what you learned during the research project aspect of the expedition and reflect on the following:
  - a. What did you learn about the scientific process?
  - b. What parts of this process came easily for you?
  - c. Which were more challenging?
  - d. Is a career in science something you see for yourself?

I learned that research doesn't have to be daunting it can be really fun if you have a question that you truly care about. Something that came easy was taking the data and something that was challenging was putting the data together and finding a cohesive way to present it. I do maybe see a career in science for myself. I am someone who is interested in so many fields and careers but I often times find myself coming back to science professions.



Girls\* on Rock

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



Your name: *Olivia Sutherland*

**PART THREE: WILDERNESS 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)

One of my most memorable moments  
was rock climbing. It taught me to trust  
myself and my body. Sometimes you don't  
know if when your hands are going to go  
and you have to trust your footing and  
just go for it. It was also just very  
empowering. Belaying someone else and  
climbing to the top of the rock is an  
incredible feeling I will never forget.



**Girls\* on Rock**

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

