



Your name: Mia Daniel-Morales

Learner Reflection and Self-Assessment

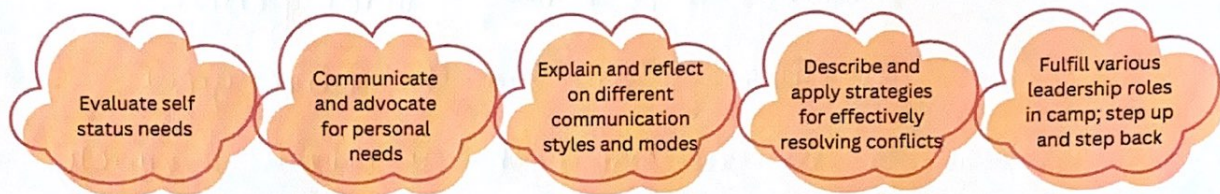
The reflection and self-assessment has three parts and is to be completed at the end of the program during your stay at Mountain Research Station at the end of your expedition.

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?



The Girls on Rock expedition ~~helped~~ encouraged me to talk about myself and share my experiences with the other girls. Each of us had the opportunity to talk about where we came from. We learned that some of us live in large cities, and others live in small towns and more rural areas. The openness that each of the girls had encouraged me to be more open myself about who I am. Having "question of the day" and different jobs everyday such as journalist, artist,



Girls* on Rock

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Your name:

And naturalist gave me the perfect opportunity to express my thoughts through words, art, and nature. From this expedition, I learned to be a more social person. Additionally, my love for science grew as we had lessons that involved a variety of things, including trees, rocks, animals, and much more. I hope to expand my love for learning about science when I get home and continue to apply all of the new things I've learned.



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PART TWO: SCIENTIFIC PROCESS

Your name:

Maaila
Black

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 has many steps because it needs to be precise.

It's also important to choose a question that genuinely interests you, so the project is fun to do and to learn about. The easiest part of the scientific process was actually experimenting and gathering data. It's the most fun part, so I feel like it comes pretty easy.

On the contrary, actually planning out the method of experimenting then ~~and~~ sorting through the data is the most challenging part. Coming up with a method that is doable and gathers accurate, useful data is difficult as there are so many possible



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ways to carry out research. Sorting data is challenging because I'm not the best with software so I have a hard time inserting tables and graphs to present my research. Despite this, it was very fun improving my skills in these areas throughout the ~~research~~ ~~pro~~ during our research projects. A career in science is most definitely a possibility because it's something I enjoy and I heavily prioritize that when considering my career paths.



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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

One of the most memorable moments on the expedition was hiking to Lost Lake. I never knew I liked wildflowers so much, but this one large hike taught me I did. The meadows were gorgeous and I took so many pictures. It was amazing seeing the tracks of many different animals and identifying them. It was even better once we actually got to Lost Lake. The water was gorgeous and almost hidden by a circle of trees. The breeze was perfect

and it was amazing just sitting there and admiring the view.



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