

### Reflective Writing Assignment 3:

As you approach the last weeks of this semester, we want you to be mindful about how your experiences over the semester have shaped your perceptions about research, and your strategies for planning and record keeping. We also would like you to articulate what you feel you've learned so far from the "Pro-Lab" experience. Please take a moment to complete a writing assignment that will help you think about these things. Please complete the questions in the "Reflection 3" document in your [individual ProLab google drive folders](#).

#### Choose three of the following:<sup>1</sup>

- A. How have your recent activities helped you address your research question?
- B. Have you made progress in the last fortnight?
  - If so, what allowed you to make progress?
  - What kind of activities did you engage in that helped you make progress?
- C. Problems and obstacles are a normal part of research. Did you encounter any?
  - If so, what made them problems?
  - How did you go about solving them?
  - What would have helped you overcome them?
- D. What might you have done differently if you had known two weeks ago what you know now?
- E. Has your research question changed? If so, why, and what has it changed to?
- F. Have you found/learned anything unexpected? Explain.
- G. Has anything you've learned shifted the focus or aims of your project? How?
- H. How have you chosen the approach or methods that you are using for your project?
- I. What are the connections between your research activities and your other studies?
- J. Can you see ways in which you could apply what you have learned to other activities, in our out of university? How?
- K. What have you learned about your project topic, science, or research more generally?
- L. What have you learned about yourself from doing this project?
- M. Has your view of what research is changed from your project experience? Explain how.
- N. Has this fortnight's activities raised any questions you would like to discuss with your supervisor? If so, list them.

#### Please respond to all of the following:

1. Has your research project met your expectations? Why or why not?
2. What have you learned from undertaking this research project?
3. Would you do another research project if you had the opportunity? Why or why not?
4. What skills do you think you have developed or strengthened through your research project?
5. Can you see ways in which you could apply what you have learned to other activities, in our out of college? How?
6. What have you learned about your project topic, science, or research more generally?
7. In your experience, what skills are important for keeping your notebook organized and up to date? Which of these do you find most challenging?
8. What do you think is the best way (for you) to keep an "good" lab notebook? Describe what tools you would use and which strategies you think are most effective.

Questions adapted from ref 1.

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<sup>1</sup> Howitt, Susan and Wilson, Anna. Scaffolded Reflection as a Tool for Surface Complex Learning in Undergraduate Research Projects. CUR Quarterly Summer 2016, Volume 35, Number 4, 33-37.