

Certificate of Interest in Undergraduate Research Mentoring

- Journal Entry Guidelines-

Journaling is an important step in synthesizing academic and personal growth. The following four questions, based on David Kolb's model of experiential learning, provide a framework to discuss learning content. If you find that these questions don't apply meaningfully to the seminar or workshop you attended, please write your own journal response that addresses your experience. Please complete this form within two weeks of the seminar or workshop date and upload to your sfponline.caltech.edu account.

Name:

Email:

Seminar title:

Date of seminar:

Date journal entry was completed:

Section 1: Concrete Experience

How do your own personal experiences, as a student or mentor, relate to the topic covered in this workshop? If you don't think your experiences relate to this topic, why not?

Section 2: Concepts

What were the key concepts in this seminar? What were some of the theories and/or key concepts shared? How do these compare to other theories or paradigms you have encountered?

Section 3: Reflection/Observation

What insights have you gained from this workshop? What are your thoughts about the material presented? What advantages and/or drawbacks do you see to the material?

Section 4: Future Application

In which ways can you implement the seminar material in your future mentoring practice? How can you apply this? Describe how the material might best be adapted for use in your field.