Lab Summary & Reflection

 **INSTRUCTIONS**

After each lab, you need to summarize what you saw and did. Most students find this part easy. The more challenging part of this assignment is to think about the experience and give it new meaning through reflection. To help you do this, I have provided prompts in this form. Try to say something for each one if you can. A minimum of four must be addressed. Please also pay attention to the length (word count) that is expected. When you are done, save this as a pdf and upload it to the human lab Canvas shell.

**The boxes will expand as you type.**

**Give a factual summary of what we did in today’s lab. (200-300 words) 4 points**

|  |
| --- |
|  |

**Reflect on what you saw and learned in the lab. The list of the prompts is below. Answer at least 4 but preferably all 6 (200-300 words TOTAL). 6 points**

**What surprised or amazed you the most?**

|  |
| --- |
|  |

**What did you struggle with and in what way?**

|  |
| --- |
|  |

**Is there something you did or learned that you are especially proud of?**

|  |
| --- |
|  |

**What, if anything, sparked your curiosity?**

|  |
| --- |
|  |

**What, if anything, did you do or learn that will help you grow professionally?**

|  |
| --- |
|  |

**What, if anything, did you do or learn that will help you grow personally?**

|  |
| --- |
|  |