

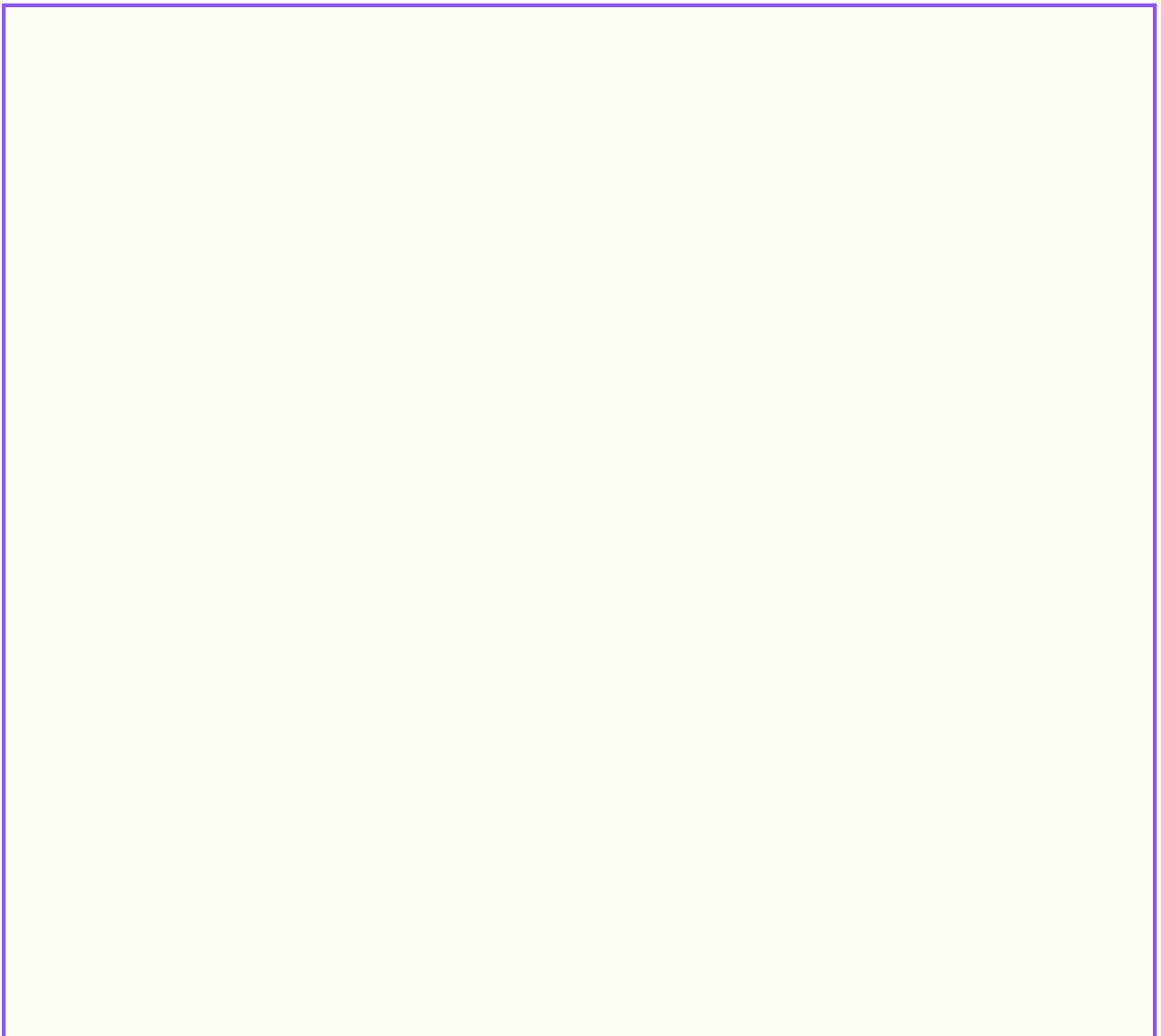
REFLECTION EXERCISE 1

Name: _____

Date: _____

WRITE SOME NOTES AND FEELINGS ON ONE OF THE PROMPTS:

- Think back to a memory of someone you mentored or supported in some way in your field as a scientist. What motivated you and how did it make you feel?
- Are there spaces in your academic program where you feel authentic? How can you see yourself contributing to the sustainability of community spaces?
- Did you have a moment in your academic training where you realized you needed to become the advocate you needed when you were aspiring to be a scientist? How have you acted on that?
- Who are you in community with outside of science? How do they support your authenticity and how does this fuel the work you're passionate about?



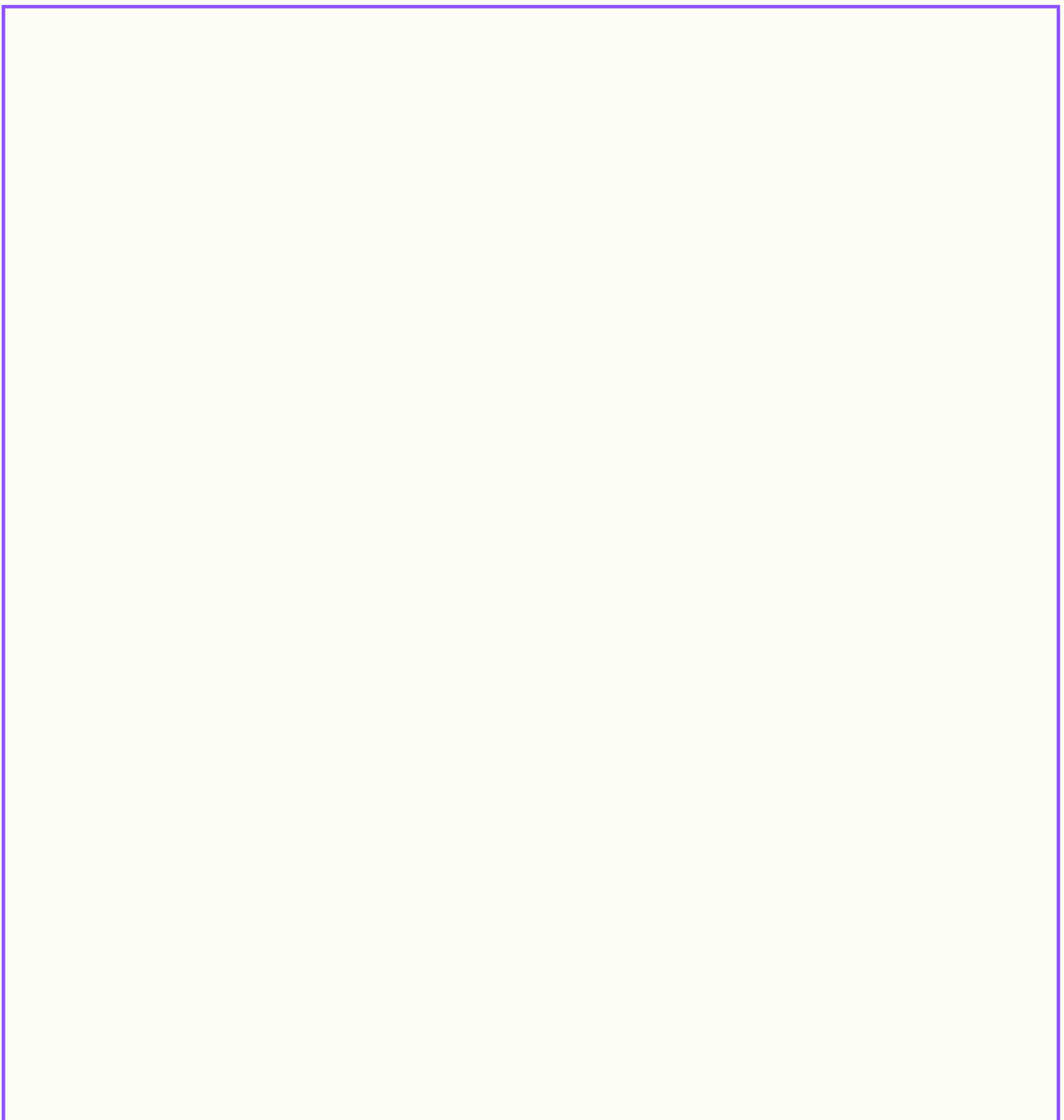
REFLECTION EXERCISE 2

Name: _____

Date: _____

WRITE SOME NOTES AND FEELINGS ON ONE OF THE PROMPTS:

- Have you shared your research with anyone outside of your immediate field recently? What was that like?
- If you have thought recently about building a website/portfolio about your science, communications, etc. how would you introduce yourself and your aspirations? What does your website look like?



REFLECTION EXERCISE 3

Name: _____

Date: _____

WRITE SOME NOTES AND FEELINGS ON THE PROMPT:

- If you had write advice to a peer about a navigating a particular area or experience in science, what would you choose?

