### Ice & Ocean Group at the University of Virginia | Reflection on research progress and career preparation

Written by Dr. Lauren Miller and Allison Lepp, last modified on 7 July 2023

The purpose of a written reflection on your progress and performance is to provide constructive feedback and inform pathways forward. I, as your supervisor, will provide a written reflection and so will you - effectively doing a self-evaluation. If your research project is longer one semester, on an agreed upon date in April or May, we will share our written responses with each other and discuss to ensure that we both are in alignment on progress and performance, address any unclear comments, and decide how to proceed in a way that best suits your research and career goals. For each of the themes below, you and I will respond to your progress, performance, and career preparedness.

Researcher’s name: [answer here]

Total duration (weeks, semesters, or years) working on research in the Ice & Ocean Group: [answer here]

If applicable, expected graduation date: [answer here]

Who is completing the reflection? [answer here]

Period being considered in this reflection: [answer here]

Date of reflection completion: [answer here]

### **Research**

Activities, progress, milestones, seeking funding, mentoring, etc.

[answer here]

### **Career Preparation**

Formal and/or informal preparation, workshops, skill building, etc.

[answer here]

### **Other**

Such as teaching, departmental roles, community building, etc.

[answer here]