

Ice & Ocean Group at the University of Virginia | Reflection on progress
Written by Dr. Lauren Simkins and Allison Lepp, Last modified on 11 February 2021

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 transcends 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. If you are involved in Ice & Ocean Group research for one semester or less, we will arrange a mutually agreeable date to share and discuss responses. For each of the themes below, you and I will respond to your progress, performance, and career preparedness.

Student's name: [\[answer here\]](#)

Total duration working on research in the Ice & Ocean Group: [\[answer here\]](#)

If applicable, expected graduation date: [\[answer here\]](#)

Who is completing the reflection (circle)? Student or Dr. Simkins

Period being considered in this reflection: [\[answer here\]](#)

Date of reflection completion: [\[answer here\]](#)

Academics

[\[answer here\]](#)

Research

[\[answer here\]](#)

Community involvement (research community, local community, etc.)

[\[answer here\]](#)

Career Preparation

[\[answer here\]](#)

Other

[\[answer here\]](#)