

UNDERGRADUATE RESEARCH EXPERIENCE REFLECTION

This resource is designed to help you reflect on your undergraduate research experience and what you have learned from it. You will be asked to write about different aspects of your research project, such as the skills you developed, the challenges you faced, the insights you gained, and the impact you made. By reflecting on your experience, you will be able to identify and articulate your strengths and areas for improvement, as well as how the research experience has influenced your academic and career goals. Reflection is a valuable skill that can enhance your learning and personal growth, so please take this opportunity to think deeply and honestly about your research journey.

Reflection Questions

- What were the main objectives and outcomes of your research project?
- How did your research contribute to the existing knowledge or practice in your field?
- What skills or competencies did you develop or improve through your research experience?
- What challenges or difficulties did you encounter during your research process and how did you overcome them?
- How did your research mentor or supervisor support your learning and growth as a researcher?
- How did your research experience relate to your academic goals and interests?
- How did your research experience prepare you for future opportunities or challenges in your chosen career path?
- What aspects of your research did you enjoy the most? Why?
- What aspects of your research did you enjoy the least? Why?
- How did your research experience influence your values, perspectives, or attitudes toward yourself, others, or the world?
- What are some areas of improvement or further exploration that you would like to pursue based on your research experience?