**REFLECTION LOG**

(Use a separate reflection log each time you work on your project.)

**NOTE: Typing is encouraged but not required. However, legibility is a requirement on the rubric, so be aware of penmanship.**

**Time Spent on Project: \_\_\_\_\_\_\_\_\_\_\_**

**Advisor Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date (filled in by advisor): \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Procedure (What exactly did you do during this time?)**

\* Writing should reflect the amount of time invested on a particular day and be in complete sentences. You should be documenting, in detail, what work you completed towards your application and how it connects to your research. You should have at least a paragraph (5-8 sentences) reflecting on your time spent.

**Reflection (How are things going with your project? Weaknesses, successes? What do you need to do moving forward? What have you learned?)**

**\* Please use at least ten sentences for your response.**

**\*\*Please have advisor complete the following:**

Recommendation(s) based on time spent with your advisee: