**Experiential Self-Evaluation**

**Guide Sheet for Capstone Experience**

**Revised December 2023**

One of the capstone requirements for Biology is to include a self-evaluation reflecting upon your capstone experience and your time here at UC. The self-evaluation should be in essay form using well-constructed sentences and paragraphs, with a suggested *1-2 single-spaced, typed pages with 1-inch margins*. Include your name, date and contact information in the document and email the final version to your capstone faculty mentor. You may use the questions below as an optional guide or consult with your capstone advisor for further guidance and expectations.

**Prompts regarding overall experience as a Biology major:**

1. What were your initial expectations and motivation going into the biology major?
2. How was your choice of the biology major affected by your prior experiences and goals?
3. What skills did you learn, projects did you work on, and milestones did you meet?
4. How were your career plans modified as a result of your experience?
5. How did course content affect your experience and goals? Is there any content that would be helpful to have in a course to prepare you better for your career? What courses were particularly helpful?
6. How does a broader view of your experience relate to social responsibility? For example what overlap did it have on societal concerns such as health care, the environment, ethnics, education, or politics? You can address social responsibility at the local, national, or international levels.

**Prompts regarding your Capstone experience:**

1. Describe the specific goals or milestones you set with your advisor.
2. Briefly describe your experience, skills you learned, projects you worked on, milestones or goals that you met, or others you may have worked with. Include the general findings and implications of your work.
3. Did your capstone experience impact your perception of the broader scientific community?
4. Did your capstone experience change your perception of your career path, positively or negatively?
5. How did the capstone experience influence your sense of social responsibility for you personally?
6. How would similar capstone experiences relate to or contribute to the role of education in our society?
7. How might research or knowledge in the topic of your capstone experience affect policy and/or procedure on a local, regional or global scale?