

# Check In

name \_\_\_\_\_

date \_\_\_\_\_

project \_\_\_\_\_

Referring back to your goal setting document and your experience being involved in the research over the last months please take a moment to reflect on the following questions.

1 What roles have you taken on in the project so far?

2 How are you feeling about your role?

3 Is your participation in the project what you assumed it would be?

4 Do you feel your contribution is meaningful and valued? How do you know?

5 Describe any added stress you might be experiencing from your involvement in the project.

6

Is there anything that could be done differently in the project that might support you with reducing stressors?

7

What have you enjoyed about your experience so far?

9

What would you like to see changed?