


Journal

Directions: For each journal entry you will find an advice section and a prompt (various questions relating to your week). Each journal entry is due by 11pm on the designated days. For the first two weeks of the program there will be two journal entries due - one (Journal A) on Wednesday and one (Journal B) on Sunday. Weeks 3-5 you will be expected to finish your journal entry by Wednesday or Sunday at 11pm.

Week 1 Journal A Due: 6/22	Week 1 Journal B Due: 6/26	Week 2 Journal A Due: 6/29	Week 2 Journal B Due: 7/3
Week 3 Due:	Week 4 Due:	Week 5 Due:	Week 6 Due: 7/27

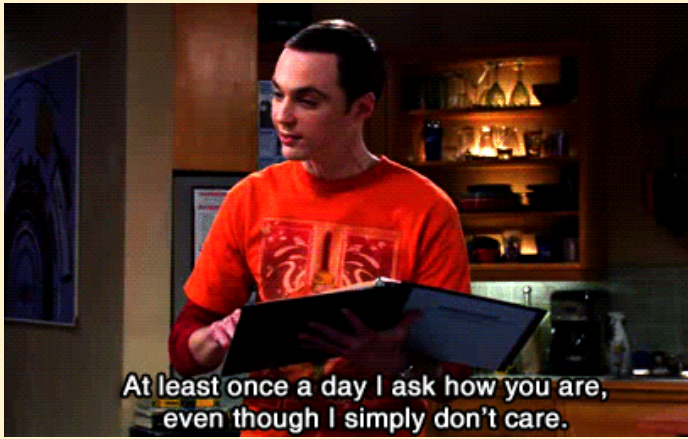
Week 1 Journal A

	<p>Mentor Advice: You have many mentors in this program - all here to support you!! Your counselor and the associate director are able to help answer any questions or concerns you have about the program and your lab. In your lab, you have your direct supervisor who is there to help guide you through your responsibilities in the lab. We all want you to be successful in this program - if you need help, you just have to ask. If you aren't sure who to ask - start with your counselor.</p>
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Prompt:

- How were your first two days of lab?
- Did you forget to bring anything from home?
- How is it going with your roommate?
- Have you been biking or walking?
- What is one fun thing you have done so far?

Week 1 Journal B



From the Big Bang Theory, Sheldon and Leonard have a roommate agreement and they check in with one another! We just hope that you care :)

Roommate Advice:

In college, you will be living with one or more roommates. Lucky for you, you are getting a jump start on roommate life! One way to create a comfortable environment in your dorm room is to start a conversation! Maybe even sit with your roommate at the DC over a meal and get to know a little bit more about them. Some questions to ask . . .

- “Are you a morning person or a night person?”
- “How do you like to work (alone with no disturbances / listening to music etc)”
- “What are some things you like to do for fun?”
- “How do you feel about ...”
- “Is it okay if I ...”

Prompt:

- How was the first field trip?
- What was your favorite part?
- Have you been getting enough sleep?
- What are you going to do on your first day off (Sunday)?
- Have you completed your assignments?

Week 2 Journal A



Time Management Advice:

The Young Scholars Program holds many wonderful opportunities from gaining experience in a research lab, learning the various pathways towards becoming a researcher, living in the dorms, and exploring Northern California. That being said this awesome program is very demanding time wise.

In order to stay on top of all of your work:

- 1) Create a **to do list** that includes due dates for your various assignments
- 2) **Prioritize** the tasks that need to be completed first
- 3) **Outline your day** and include time for eating, socializing, lab, working on assignments, and don't forget sleep (we are looking for **balance**)

4) Did we mention **sleep**?! Yes! It is that important - make sure you are getting 7-9 hours of sleep each night (psst . . . that is why we have a curfew)

Prompt:

- How have the lectures been going?
- What has been your favorite lecture so far and why?
- How is your final Prospectus assignment going?
- Where is your favorite location in Davis (the lounge, the DC, places downtown or on campus)?
- What has been your favorite social activity put on by the counselors?

Week 2 Journal B



Dealing with Homesickness Advice:

You have made it through the first two weeks! Congrats! Now that you have explored Davis a little more, started familiarizing yourself with your lab, made some new friends, and completed several assignments, you may be getting a little homesick (or you may not and that is cool too). If you are feeling homesick here is some advice.

- 1) Write your family a **letter** and list all the awesome things you are doing
- 2) Get out of the dorms and **explore downtown Davis**
- 3) Attend the various **social activities** led by the counselors
- 4) Do **something fun that you would do at home and invite a friend** - watching your favorite tv show, play an instrument, listen to your favorite tunes, learn a dance routine, create some drawings, play a card/board game

Prompt:

- How was your weekend?
- When will you be going to lab on Monday (what is your schedule now that lecture is done)?

Week 3



Cultivating Mindfulness Advice:

9 ways to boost Mental Fitness - (Taken from the Calm App)

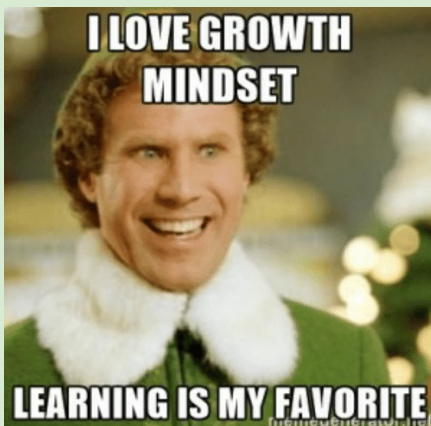
- 1) Remember that not every thought is true or helpful.
- 2) Meditate. Train your mind to concentrate.
- 3) Notice when you're ruminating and choose presence.
- 4) Rest your mind. Relax to music or a sleep story.
- 5) Tune out the noise.
- 6) Prioritize sleep
- 7) Create routine and ritual.
- 8) Let go.
- 9) Listen to the wise voice within.

Some **Apps** to help with cultivate mindfulness: Calm / Headspace / Stop, Breathe, Think

Prompt:

- Which of the 9 ways to boost mental fitness will you try this week?
- Describe how the field trip went for you, any favorite parts?
- How things are going on in the dorm and lab?
- What is your progress with your upcoming assignments?

Week 4



Growth Mindset Advice:

If you already know what **growth mindset** is - AWESOME! We hope you are practicing it as you are encountering new challenges presented throughout this program and your lab. For a quick review or introduction of growth mindset - A “growth mindset” thrives on challenge and sees failure not as evidence of unintelligence but as a **heartening springboard for growth and for stretching our existing abilities** whereas a “fixed mindset” assumes that our character, intelligence, and creative ability are static and unchanging.

So next time you are challenged in this program (and any other time in life) think of it as an **opportunity to improve and learn**. One day you will look back at this program and see all that you have overcome and achieved, so keep up the great work!

Video - [Developing a Growth Mindset](#)

Prompt:

- What was your favorite part of the San Francisco field trip (museum, Fisherman's Wharf, walking the Golden Gate Bridge)?
- What is one thing you want to work on for your final presentation?
- Would you like to meet with me to practice your presentation?
- How is the rough draft of your paper going?

Week 5

Dealing with Stress Advice:

As we get closer to your final presentation and final draft of your paper you may be experiencing some (or a lot of) stress. Now you have probably heard some of these common tips and tricks, however we challenge you to actually put these tips and tricks into practice.

- 1) **Get enough sleep** (cut out the all nighters and get 7-9 hours of sleep)
- 2) **Eat well** (try to get more fruits and vegetables into your diet - skip the comfort/snack food)
- 3) **Exercise** at least 20 minutes a day (go on a walk through the Arboretum with some buddies)
- 4) **Avoid caffeine** (though coffee and tea is great it can also prevent you getting the rest you need)
- 5) **Don't give up your passions** (draw, create, play, socialize)
- 6) **Breathe** (most important - take time to breathe and center yourself)



Prompt:

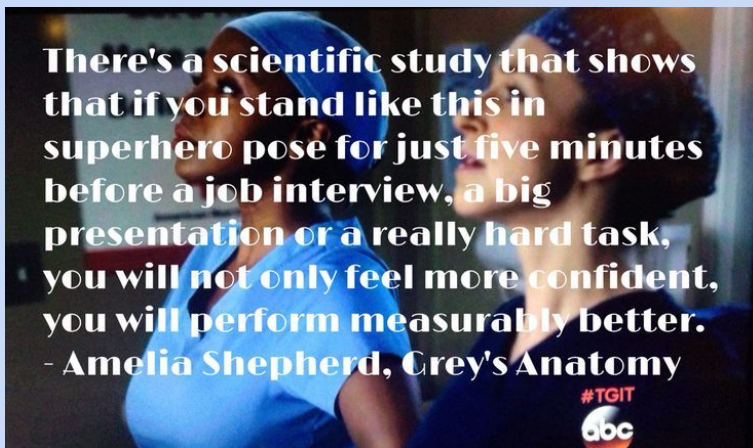
- What is one area in your paper that you are working to improve?
- How many times have you orally practiced your presentation?

- Which section of your presentation are focused on?
- What have you been doing to balance all the work (relaxation wise)?

Week 6

Building Confidence Advice:

We hope that this program has given you many new experiences, treasured memories, and increased your confidence as you continue your education journey. A great lesson from Grey's Anatomy is the superhero, power pose. (Hands on hips, shoulders back, and a strong gaze - you got this!)



- 1) **Get things done** - Confidence is built on accomplishment
- 2) **Monitor your progress** - It feels good to see your achievements both the large and small.
- 3) **Do the right thing** - Your actions and your decisions define your character - be the best version of yourself.
- 4) **Be fearless** - Failing isn't your enemy, it's fearing failure that truly cripples you.
- 5) **Strike the Superhero pose** before big moments.

Prompt:

- Reflect on your experience over the past six weeks.
- What are some of your favorite moments and memories?
- How do you think you have grown and improved as a young scientist?
- What will you take away from this program?