CPET Certificate of Interest  
- Journal -

**Journaling is an important step in synthesizing academic and personal growth. The following four sections, based on David Kolb’s model of experiential learning, provide a framework to discuss learning content. If you find that some questions don’t apply meaningfully to the seminar, discussion, or workshop you attended, you may write your own response that addresses your experience. Please complete this form within two weeks of the event date and email it to** [**cpet@caltech.edu**](mailto:cpet@caltech.edu)**.**

**Name:**

**Email:**

**Event title:**

**Date of event:**

**Date journal entry was completed:**

**Section 1: Concrete Experience**

Why were you interested in attending this event? How have your own personal experiences as a student, researcher, mentor, or instructor related to the topic covered? If you don’t think your experiences have related to this topic, why not?

**Section 2: Concepts**

What were the key concepts covered at this event? How do these compare to other ideas, perspectives, theories, or paradigms you have encountered?

(optional) What career-related opportunities, pathways, resources, or advice were presented?

**Section 3: Reflection/Observation**

What insights have you gained from this event? Which aspects were most relevant to improving your teaching skills or advancing your teaching career? What advantages and/or drawbacks do you see to the material presented, or the way in which the event was organized? What new or unanswered questions do you have?

**Section 4: Future Application**

This section explores ways you can implement the presented material in the future. How might the material from this event best be adapted for use in your field? Describe actionable items this event has inspired you to pursue toward your teaching, professional, or personal development.