Halfway through your rotation is a good time to check in with yourself and with your mentor(s) about the experience so far. After gathering your thoughts on these questions, submit your answers [on Sakai](https://sakai.unc.edu/x/FFVsQ8).

**Student Reflection**

*Before meeting with your mentor(s), reflect on your rotation using these questions:*

* How is your rotation project going so far?
* What has your experience in the lab been like so far?
* How has working with your PI been going? What is going well, and what may need some improvement?
* How has working with your Bench Mentor been going (if applicable)? What is going well, and what may need some improvement?

**Feedback Meeting**

*Plan to meet with your PI and your Bench Mentor (together or separately) about half-way through the rotation. You should lead the meeting and discuss these topics.*

1. Summarize your progress in the lab so far, including data you’ve generated and also techniques you’ve learned and ways in which you’re becoming more independent
2. Outline your goals/plan for the second half of the rotation
3. Talk about ways you might improve your performance in the lab
4. Invite feedback from your PI/Bench Mentor on your performance so far on these skills
   1. Participation in lab activities (lab meetings, journal clubs, interactions with lab members)
   2. Effort on rotation project
   3. Intellectual involvement in rotation
   4. Communication with you during rotation
   5. Sufficient background knowledge in this field
   6. Ability to analyze data
   7. Oral presentation skills
5. Give feedback on how the lab and research projects are doing during the COVID-19 working conditions. Do you have recommended improvements?

**Summary of PI/Bench Mentor Meetings**

*Reflect on the conversation(s) you had using these questions:*

* What strengths did they identify?
* What improvements did they recommend?
* How did the meeting(s) go overall? Was there good communication or did you not feel like you received useful feedback?
* Using your own reflection and their recommendations, will you make any changes to your approach for the second half of this rotation? If so, what kinds of changes?
* Based on your experience in this lab so far, what additional insights have you gained into the type of mentorship and lab environment you’re looking for?