

Helixquest — Reflection Journal

This is your space to think on paper. Reflection is how you author your own story — there are no right answers and nothing here is graded or shared. Use it however is useful to you.

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How are you arriving?

How are you arriving today? Notice what's going on in your body — your breath, your shoulders, your energy. Name it, without judging it.

Thinking with Ravindra

*Ravindra is about **Cell structure & function**.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Marisela

*Marisela is about **Mendelian genetics** / Punnett.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Caius

*Caius is about **DNA & molecular biology**.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Peregrine

*Peregrine is about **Evolution** / **natural selection**.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Sunniva

*Sunniva is about **Population ecology**.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Bronwen

*Bronwen is about **Homeostasis & physiology**.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Lorcan

*Lorcan is about **Meiosis & mitosis**.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Elodie

*Elodie is about **Photosynthesis & respiration (energy)**.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Anselm

*Anselm is about **Enzymes & biochemistry**.*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Thinking with Vivienne

*Vivienne is about (**Mentor**).*

Reflect on a time this fits something in your own life — a moment you noticed it, felt it, or wondered about it.

Before you close this

What's one thing you're working out about yourself right now? Not a conclusion — just where your thinking is today.

A note for grown-ups. This journal is just a gentle, private space to notice feelings — nothing here is graded, scored, or shared, and there are no wrong answers. If something a young person writes about feels too big to hold alone, it always helps to talk with a trusted grown-up. In the US you can also call or text **988** (the Suicide & Crisis Lifeline) or text **HOME to 741741** (Crisis Text Line), anytime.

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