

Modelquest — 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 Dara

*Dara is about **Training data** / bias.*

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

Thinking with Faye

*Faye is about **Accuracy vs fairness**.*

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

Thinking with Gil

*Gil is about **Overfitting** / **generalization**.*

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

Thinking with Prue

*Prue is about **Proxy variables**.*

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

Thinking with Lux

*Lux is about **Transparency / explainability**.*

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

Thinking with Nils

*Nils is about **Privacy / data minimization**.*

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

Thinking with Wynn

*Wynn is about **Feedback loop** / **deployment harm**.*

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

Thinking with Odell

*Odell is about **Human-in-the-loop oversight**.*

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

Thinking with Sena

*Sena is about **Consent** / **affected stakeholders**.*

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

Thinking with Amara

*Amara 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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