**Professional Development Activity Form**

*Directions: Upload all of your completed Professional Development forms to the FURI Blackboard site under “Assignments.” Upload your signed form to the FURI Blackboard site under assignments. Submitting a picture of the completed form works, too. If the event/activity was sponsored by FURI, you do not need the event coordinator’s signature.*

*Note: The FURI Symposium does not count as a Professional Development activity. You’re required to be there as a FURI participant.*

**Name**: Jacob Knaup **ASU ID#:**\_\_\_\_\_\_\_\_\_\_1208852537\_\_\_

**Name of Event:** Design and Experimental Implementation of a Quasi-Direct-Drive Leg for Optimized Jumping

**One Key Takeaway from the Event (i.e. Lessons Learned)**

This paper follows a very similar procedure as what I am attempting to do in my research. Like me, they started with a simpler model and gradually added more considerations to their model in order to improve its fidelity. This paper shows how I can present the multiple models that I used in my research in the paper that I hope to write this spring. It will also serve as an excellent reference in my future paper.

**Event Coordinator/Interviewee’s Information:**

**Sign:**  **Date:**

**Print:**  **Email:**

**Suggested eligible professional development events include:**

* All FURI Events count as professional development activities\*
* Meeting notes from your faculty mentor one-on-one\*
* Resume/interview/career development workshops
* Research seminars/symposiums
* Faculty-led/industry-led workshops
* Equipment training
* Interviewing a faculty member or industry representative (include interview notes)
* Tour of a lab that is not your own lab
* Attending a professional organization’s event
* Reading a research article (include article with submitted form, modify “Event” with title of article)\*
* Sharing your research experience with others as a presentation/shadowing opportunity

*\*Event Coordinator signature not required*