



Nisha Sentury BK

Oct 2, 2020



Hi everyone! My name is Nisha BK (she/her) and I am a freshman intending to major in Neuroscience. After graduation, I want to take a gap year to work in a research lab that focuses on neurodegenerative diseases like AD or PD and then apply for medical school. I grew up in Nepal, and then moved to the United States when I was 9 years old. I currently live in Tukwila, WA and attended Foster High School. A routine that has helped me calm down during this time is talking to my friends and recently, I started meditating in the morning, which has been helping me focus more.

For much of middle and high school, I ran cross country, where I met some of my closest friends and created a strong bond with my peers. Although I have not been running as much as I did, I have been reading more.

Books I enjoyed reading during quarantine: *The Case of the Frozen Addicts* by J. William Langston, M.D. and Jon Palfreman, *The Only Black Student* by Lull Mengesha (a UW alumni), and *The Only Woman in the Room* by Eileen Pollack (this one was okay). I am currently reading *White Fragility* by Robin Diangelo, but have not gotten very far. If you guys have any suggestions, please let me know!

Through this course, I hope to get to know you all better even though the synchronous meetings are optional and learn how to express myself in creative ways.

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Edited by Nisha Sentury BK on Oct 2 at 12:13am



Jaden Wang

Oct 2, 2020



Hey Nisha, nice to meet you! It's really cool that you want to do Neuroscience - I was interested in it for a while, but it's a pretty difficult topic, so props to you for pursuing it. I have ADHD and it's always been really cool to me to see what neuroscientists, psychologists, and other scientists have to say about it. Have you done any projects or research in this area? I'd love to hear about it.

I've never been a runner, but I've been trying to read more as well. I'm reading Tim O'Brien's [The Things They Carried](#) as well as Dr. Daphna Joel and Luba Vikhanski's [Gender Mosaic - Beyond the Myth of the Male and Female Brain](#). Many high schools (not my former one) require the first book, but perhaps you'll find the second one interesting.

I look forward to getting to know you at the synchronous meetings!



Nisha Sentury BK

Oct 2, 2020



Hey Jaden,

Thank you for sharing the books you are currently reading. After I am done with the one I am currently reading, I'll check the second one out. I actually wanted to pursue neuroscience after reading [When Breath Becomes Air](#) by Paul Kalanithi. As for research experience, this summer I worked in the Ed Kelly Lab, which is in the UW School of Pharmacy, but it was centered around the kidneys. Through my internship, we ended up writing a review paper on Alzheimer's disease; I wrote about the part where I talk about the correlation between AD and T2D.

I hope to get to know you more!

Edited by Nisha Sentury BK on Oct 2 at 8:35pm



Daanya Siddiqui

Oct 3, 2020



Hi Nisha!

Wow, Neuroscience is such a fascinating subject! I think it is amazing how it has the potential to totally transform human health and performance as we know it. I am curious as to what drew you into pursuing Neuroscience?

I also ran cross country in high school. Funnily enough, I too met some of my closest friends though it, one of which is my current roommate! Although I haven't gone for a run in quite a bit of time, I will always look back at my cross country years with a certain fondness. If you ever want to go for a run or perhaps even a hike for old times sakes, I would be down!

During these past few months, I have been reading quite a bit. I have recently read novels such as *The Lies That Blind: Rethinking Identity* by Kwame Anthony Appiah, *The Power* by Naomi Alderman, and *Americanah* by Chimamanda Ngozi Adichie. I will be sure to check out some of the books you mentioned in your previous post!



Nisha Sentury BK

Oct 5, 2020



Hi Daanya!

I want to study Neuroscience because I really enjoyed Biology in high school and Neuroscience seems to combine subjects like psychology, biology, chemistry, and physics. It is exciting to know that through one major, I will be learning something from these fields, so I like the interdisciplinary aspect of Neuroscience.

We should definitely go on runs! I don't like on campus, but I am thinking about it. Even if I don't end up living on campus, when I do come to UW, we can run around the campus.

Thank you so much for the book suggestions! I will definitely check out *Americanah* by Chimamanda Ngozi Adichie because I really enjoyed reading *We Should All be Feminists* by her.

Nice to meet you and my snapchat is @nishabk2 if you want to connect!



**Abby Burtner**

Oct 3, 2020



Hi Nisha! I also did cross country in high school and I loved it! It really was such a great way to make friends in school. One of the main things keeping me sane this summer was going on runs with my best friend/running buddy every day. If you're on campus, have you checked out any of the routes around UW? I just ran around Green Lake today and I definitely recommend it. Looking forward to getting to know you in class. :)



**Nisha Sentury BK**

Oct 5, 2020



Hi Abby!

That so nice to hear! I starting running to clear my head and keep me sane as well. I don't know of many routes at UW, but I know someone who does, I can ask him and give you suggestions. I am not living on campus this quarter, but I am thinking about living there next quarter. We could definitely go running!

My friend and I use to go one walks during the summer and Green Lake was one of my favorites.

If you want to go on runs, you can contact me on snapchat @nishabk2. Nice to meet you!



**Caitlin Postal**

Oct 6, 2020



Hi Nisha (and Abby), great to meet you! I wanted to respond to this thread since you both talked about walking around Green Lake. I used to live in that neighborhood and walking the lake was a favorite past time! I lived close to the 5 freeway, so I would walk halfway around the lake, then stop at Bongo's for lunch before walking the other half back to my house.



**Brandon Wu**

Oct 6, 2020



Hi Nisha! It's super cool seeing another person from Moody's EFS neuroscience course! I'm trying to read some more, I've been slacking quite a bit throughout quarantine... I was wondering if you had any book recommendations that connect neuroscience and public health. I'm thinking about checking out the one you mentioned called The Case of Frozen Addicts since drug usage connects to both areas. If you happen to have any others I'd love to hear!