

Date: 12/7/2020

Think/Write about the many ways your college experience this quarter was different from past quarters because of COVID-19, social distancing guidelines, and remote education. If this is your first quarter, you can compare this quarter to your expectations of what starting college would be like. Are there any changes (new ways of thinking, self-care or hobbies, ways of connecting with others, etc.) that occurred because of the pandemic that you want to continue even when we return to 'normal life'?

I honestly can not fully answer this question because I have not had the college experience, but I did have expectations for my first year of college. I wanted to live in a triple dorm room with my friends away from home, study in one of the aesthetic UW libraries (especially Suzzallo Library), and eat university dining food. I wanted to have the typical college experience everyone talks about because no one in my family ever went to college. I have found being a home away from the college campus environment to be quite difficult because I need the academic surrounding to be productive. Although I have worked hard to sum up my wit to push through the first quarter, I have decided to move on campus to try something new. I find that being at home does not work for me, so I decided to take this step to ensure I do not repeat the same mistakes. Being in the comfort of my own home is a blessing a lot of people do not have during these times, but it was time that I took a risk. I know to many people living in a dorm is not a risk, but for me, it is something noble and scary even. I felt better about living in the dorms because initially I was going to experience it with my friends, but now I am doing it by myself. Being at home during the fall quarter has taught me to step out of my comfort zone in order to perform well in college.

Date: 12/8/202

What classes and/or RSOs have you heard about and find intriguing, but not yet tried? Is there anything stopping you from trying it out? Does the idea of joining next quarter make you excited/nervous/scared? How come?

One class that I have heard a lot about, but have not yet incorporated it into my four year plan is Education 251 Seeking Educational Equity and Diversity. Even though I want to focus mostly on taking STEM classes, I am very interested in humanities courses that discuss race, equity, culture, education et cetera. I have heard so many positive things about this class and would love to take it. Currently, I am not sure when I will take this course because of the honors credits I have to fulfill. I took three main courses and two seminar classes this quarter and it was difficult at times to keep up with all my assignments, so I am hesitant to take four classes a quarter. The difficulty now is to make sure I am taking enough classes to fulfill my honors requirements and dabbling in classes that fuel my curiosity. Another class that I would like to take is "Love Works" taught by Professor Jeanette Bushnell. During our HONORS 100 portfolio presentations, two peers mentioned taking this class and enjoying it a lot, so I would love to take this course spring quarter. As for RSOs, I am currently a member of *The Capillaries Journal*, but it has been difficult to find other interests because of remote learning. I also joined Neurobiology Club's

mentorship program, where I am a mentee. Through this program I have created a small and supportive community, which I am extremely grateful for.

Date: 12/9/2020

Write about the biggest challenges you've faced this quarter. Please remember to be gentle with yourself, and take some time to acknowledge your perseverance and resilience. All of us face challenges and we all make mistakes. Now, think about ways that you can prevent these challenges from recurring in the future or mitigate their effects. Jot down what you feel might be some actionable strategies for each challenge.

This year has been full of challenges, some small and some big, including surviving the pandemic, losing my grandmother, being away from my father for a year, and becoming a victim of identity theft. I honestly have no idea how I have managed to get through this quarter, but I did it. These challenges do not dissipate away with the end of fall quarter. Even if it's unintentional, I know I will carry some of the stress to winter quarter, but I know that I am a stronger person after this. I am beyond thankful for my best friends, mentors (from Neurobiology Club and GenOM ALVA), and my understanding parents. Recently, after someone stole money from my bank account and used my SSN on Coinbase, my parents were there to comfort me. When my grandmother passed away a couple days ago, my parents and friends told me everything was going to be okay. My father who is thousands of miles away in Nepal manages to call me when I need him the most. On the bright side, I now know how to help someone who went through the same situation. I have always wanted to go into the healthcare field to help others, and I think these challenges have prepared me just a little. As for academic challenges, I know that a simple way to solve my dissatisfaction with my grades is to study strategically. I already go to the Instructional Center for help, but I can spend more time taking practice exams to learn test taking strategies. I realized that I panic when taking timed tests, so taking more practice tests will help me combat that. I also chose to take early classes during winter quarter so I can spend more time studying after my classes.

Date: 12/10/202

Think about the many identities you hold including but not limited to your race/ethnicity, culture, gender, sexual orientation, ability, citizenship status, and socioeconomic status. Choose one identity, ideally one you don't think much about. [Click here](#), and take your time reading through the set of questions that corresponds with the identity you chose. Be honest with yourself, and reflect on how the experience made you feel. What questions stood out to you? How will you continue educating yourself on the identity you chose? How can you better support people within a marginalized group?

Something that I do not appreciate more or take into consideration is my physical ability to move through a space without needing assistance. After reading the list of sentences under the "ability

privilege,” I realized that I have an advantage when it comes to health. I have seen both of my grandparents suffer from Type II Diabetes for over a decade and I know how much that can affect one’s quality of life. Even during this pandemic, people who already suffer from other underlying illnesses have to be more careful because COVID-19 has been shown to affect the kidneys, and can disproportionately affect chronically ill individuals. Although I worry about getting COVID-19, I know that I will survive if I were to get the virus. As scientists are inching closer to making the SARS-CoV-2 vaccine available I have come to realize that I need to become more aware about Black skepticism of the vaccine due to events that happened in the past. For instance, in 1931-32, the Tuskegee Syphilis Experiment was conducted on about 600 Black men without their informed consent. Out of the 600 men, 399 had syphilis and the other 201 did not. The researchers falsely told the men that they were being tested for “bad blood” and as a result of their contribution to the study, they were given free medical examinations, meals et cetera, which does not justify what they did. I have never had to experience this or had anyone in my family to have gone through such a traumatic situation. As a result, I am innately not afraid to get the COVID-19 vaccine, but I do understand the skepticism.

More on the Tuskegee Syphilis Experiment: <https://www.cdc.gov/tuskegee/timeline.htm>

Date: 12/11/2020

Make a list of the people in your life who genuinely support you, and who you can genuinely trust. Now, how are you going to make time to show them how much they mean to you (while following social distancing guidelines of course!)?

1. Zavannah, Noelle, and Sanela
 - a. FaceTime to tell them how much I appreciate them.
2. My parents
 - a. Dad: Text him or talk to him through video chat.
 - b. Mom: Tell her in person how much she means to me.
3. My brother
 - a. Text him how much I appreciate him.
4. Atena
 - a. Text her how much I appreciate her.
5. Mickey
 - a. We have weekly Zoom meetings, so I can always verbally thank her.

Date: 12/12/2020

And now that your reflection skills are all warmed up, take a bit more time and consider the variety of things that you might put in your Honors portfolio from this past quarter!

Did you apply for a new job? Write a personal statement? Apply for a scholarship or research position? Apply for Departmental Honors? All materials from written applications can be wonderful for your portfolio. They often capture goals, accomplishments, and exciting moments in time.

Did you visit a new place in Seattle? Spend your first holiday away from family? Live in a new location? These are all milestones with stories in them and might be wonderful ways to personalize your narrative.

Did you write a paper you were particularly proud of? Complete a tough presentation? Ace or absolutely bomb a test? Academic achievements and challenges are always great pieces to your undergraduate story!

I am currently looking for a list of internships/ summer programs that I need to write personal statements and supplements for. My goal is to get started on the personal statement(s) after my chemistry final.

List of Internships/ Summer Programs:

<https://medicine.tamu.edu/research/summer-research.html>

<https://depts.washington.edu/hscmsp/programs/star/>

<https://fhl.uw.edu/courses/course-descriptions/spring-2021/>

<https://depts.washington.edu/hscmsp/programs/teachlab/>

<https://fridayharborlabs.wufoo.com/forms/m1vk34bf0xbwfnl/>

<https://qcb.ucla.edu/big-summer/>

<https://expd.uw.edu/mge/apply/comotion/>

<https://www.fredhutch.org/en/about/internships/summer-undergraduate-research-program.html>

<https://depts.washington.edu/csneerc/csne-oas/>