

Stepping away from my hometown, my family, friends, and life has drastically changed me as a person. Coming to college, especially my first year I have learned so much about myself and my way of life. I have grown as a person and faced many obstacles that have only benefitted me and my life. During my first semester in college, I struggled. However, I have learned so many things. I have learned to live on my own, do things for myself, and not rely on others. Since the beginning of college, I have juggled 2 labs each semester (biology and chemistry) along with taking math on top of that. Although I am very thankful I took these two labs it has definitely challenged me in all the right ways, I have been able to get hands-on experience in labs as well as build my time management skills in doing pre and post-lab assignments. I have also gotten the opportunity to join a sorority which not only allows me to build new friendships and connections but we also support an organization called Pheobes Home. We have put on events and drives to raise money for them and I am so grateful to be a part of something like this. My first year in honors certainly helped me grow as a person, I was put outside of my comfort zone in many assignments and I had to think outside of the box to articulate good responses. The honors programs have allowed me to attend events such as Cheers to Careers which have allowed me to think about the future of my career and hear other people's points of view on their experiences. This program has made me genuinely think about myself as a person and how I work which is really important in growing. My goals have surely come to be deeper and more meaningful. From silly high school goals such as getting A's in classes to bigger better goals of applying for labs, internships, and shadow hours. It has made me take a big step in the right direction. I have also learned a lot about capstones and fellowships which is required being in this program but will benefit me so much in my future. These two things will greatly push me outside of what I am used to and make me think on a significantly instrumental level. My first-year honors experience has given me an edge over everyone else. I have had many benefits from being a part of such a program. One of them was already doing a degree planner before they were even a thing. Being in this program I know will make me stand out from other applicants in the future. Having to make a self-portfolio allows me to display my work without making a super big effort to collect all my work at one time. This first year I have learned surprising things about myself and how I come about things. This has allowed to me grow academically and personally. Coming to college is a huge step in my life, but the honors program has made sure to make me stay on track without getting super distracted by outside influences and instead has given me a new view and approach to things. I am grateful to be a part of this program and am looking forward to the following years.

Moving forward I have big plans. Medical School. I have had the desire to go to medical school and pursue a career in the specialized field of orthopedics. I have done things that have already benefitted me and given me a push in the right direction, and being only a freshman I plan to do so much more. At A&M I have used the Aggie

network to give me insight into other people's experiences going down the medical field. Being in a sorority allows me to talk to other girls who are going down the same path. I have used this to my benefit and talked to many girls who have told me what classes to take that will help me keep track of the MCAT. I plan to join the Tamu pre-med society next semester and apply for another lab or get some hours in on the weekends in College Station. It is important for me to not just shadow in the summer but during the year to show that I am able to balance school and outside activities that are useful to my future career. A well-lived life is simply described as being happy and successful in your future. Whatever you do it is important to put your best foot forward and give it your all in anything you do. I feel like I am on the track to this. I have repeatedly said to people around me "If I don't go to medical school I genuinely don't know what else I would do". This statement has made me to be so driven. Even when school gets hard I know I cannot see myself doing anything else so I push through every obstacle thrown my way. My well-lived life would be described as going into medical school and then progressing my future in orthopedics. Although it is important to keep a backup plan and alternative career goals I believe strongly in my future and if it does not go the way I want I will either push through it or find an alternative around the same goals. My personal values and standards for myself are extremely high, I am hard on myself, and even though the first semester of college was not the smoothest ride for me I have picked back up and am only getting better from here. I have always been a well-rounded and driven student, college has tested my ability but it is the challenges that make me grow. I also want to get ahead of the game at some point which is why I have even decided to take summer classes and start my shadowing hours now. I do need to work on my discipline better and make sure I have an hour-to-hour schedule rather than just a week schedule which I think will benefit me even more. My whole field is helping people in need and it brings joy to my heart to have the opportunity to do something like this. Even when I have shadowed in the past I was able to help dyslexic kids and it put a smile on my face when I was able to calm them down. Being in this field reflects on my personal values greatly and even though I may not be a world-renowned doctor I am still making meaningful connections with the people I work with and the people I work on. I am a people person and I love meeting new people so going down into a career path that lets me do so is very rewarding to me. My academics have been a lot from the start, taking two labs at the same time both semesters has really made me work and I know the work only gets harder from here however preparing myself from the start has already benefited me. I feel a little ahead. I am the only freshman in my second-year biology class and I know many others who have only taken one lab in the first semester. I am pushing myself to do things above and beyond. I am very much capable of doing these things and although it has taken adjustments I have made it along far in my college journey and I only hope to do better and strive for me. I am excited to be doing this at A&M especially and build bonds I never thought could be formed and make goals I

never thought could be achievable. I believe I will come out of here accomplished and ready to take on the workforce.