

I realized that college requires a lot of work, more smart work than hard work. I am beginning to realize that there is a lot of competition at UW especially due to the pre-med weed out classes. My expectations for myself have significantly dropped as I am still figuring out what works best for me studying wise. But regardless of everything and the difficulty of classes I have not given up on my goals that I had set at the beginning of the year. There are times where I feel overwhelmed, a feeling I have not felt at this magnitude ever in my life, nonetheless I keep my head up high and keep going because I know I have the potential that medical school needs and wants. I must prove this to myself through my classes and activities which is easier said than done. I am surprised at how bad at math I am. This is something completely new to me; I have always excelled in math and right now I am doing worse than my honors class which makes me feel small and incapable of even graduating college. But this feeling will go away once I practice and become more familiar with the material. I didn't expect UW's quarter system to be so face passed; there is a test/exam/quiz every week. I keep thinking "I just need to get by this week" but it is a never-ending cycle till the end of quarter which is very discouraging and makes me feel stuck almost. Honors 100 is such a relaxing class and honestly the reflection are like mini-therapy sessions for me. It helps me see why I am doing what I am doing and what I am working toward which I am very grateful for. I would like to explore the peer mentorship/educator program in which I could possibly gain leadership opportunities as well as provide new honors members with the same relaxation/realizations honors 100 has provided me with. This year I was introduced to Phi DE and now I am an active member of. This medical fraternity provides me with a community of likeminded pre-meds, mentors, and scholars as well resources to succeed in my classes. It also has leadership opportunities, pre-med learning experiences, community service opportunities, shadowing opportunities and research opportunities. I hope to have a decent GPA by the end of this year and have a solid idea what my plan is for the next years. I want to know whether I want to take a gap year and what medical schools to apply to. I also want to solidify if I want to do a double major and a double minor, what minor(s) to do and just in general my 4-year plan. I hope to become a part of the Honors peer educator if I can handle the workload without decreasing my mental and physical health. At the end of the day, I can proudly say that despite the difficulty of my classes I am learning new things content wise and new things about my global and personal community alongside finding myself and passions and I believe that I am slowly but surely going to increase my academic abilities and succeed at UW and my post-graduate plans if I keep moving and don't give up.

Word Count: 549