As first quarter approaches its end, my mind is filling up with ideas and I am overwhelmed with goals that I want to achieve while at UC. As I jot down my brainstorms, I can already see how all of the thematic areas are interconnected. Community engagement automatically establishes a form of leadership, and those experiences can relate to some creative arts project or research. After graduation, my goal is to attend medical school and become a psychiatrist, maybe with my own private practice. And, as cliché as it sounds, I want to use my profession to help as many people as I can. But, for now, I am participating in the smaller steps that I will take to reach my overall goal.

As a college student with two scientific majors, psychology and biology, I already have a full workload, as I already anticipate taking some summer classes. However, I happily make time to do my community service hours every week participating in activities at a nursing home near the university. As far as tying that into an honors experience, I hope to channel my experience into a creative arts project, such as writing a novel from the point of view of a nursing home resident. As a double major in bio and psych, it might appear that the creative arts don’t coincide with what my goals are. To the contrary, my writing and artwork complement my majors nicely, and I hope to do various creative arts projects as honors experiences that still relate to my career goals.

For example, as a college student, I am no stranger to stress, especially with a crazy schedule that is coupled with various babysitting jobs all around the city. Eastern medicine, an area of study I have always been interested in, may be a way to combat that stress. I’d like to possibly do an internship with an Eastern medicine specialist, and perhaps as a follow- up project I could construct a poetry portfolio or something along those lines. Eastern medicine has clear connection with my pre- med schooling, and this honors project connects various thematic areas such as global studies as well as the creative arts and even had a slight research aspect. I would couple my study of eastern medicine with taking classes at a Zen Buddhist temple, learning how to meditate and quiet my mind, relieving some of the stress I face in my daily life. In addition to this, I would like to take a weekend meditation retreat, disconnecting myself from worldly pressures and simply reflect on life. I could channel this experience into a creative arts project as well as use what I will learn towards helping the community.

I also would like to participate in psychological research, perhaps even constructing my own research project. I am fascinated with studying people in their natural environment, so a descriptive research project would be something I’d be most interested in. However, survey and lab research are both research possibilities I would like to explore as well.

In terms of global studies, I would love to take a trip to Russia someday. My father was born there, and I am taking Russian at the moment, so I’d love to culminate my study of the language with a visit to where my ancestors are from. I’d like to see where my family is from, including all of the places where they lived in the former Soviet Union. I’d prefer to plan an individual trip with my own itinerary rather than go with a group affiliated with the university. My reason for the trip wouldn’t just be to enhance my language skills but to see where my family lived and how their life in Russia was like, which would differ from a trip with UC.

I have so many ideas for what I would like to do as honors experiences, so many that I feel overwhelmed at times, but if I take them step by step, goal by goal, I will have fun with it rather than get stressed out, hopefully learning a lot about myself and my future goals in the process. I know I want to go to medical school and I know I want to be a doctor, but, right now, I will start taking smaller steps that will ultimately help me reach those goals.