Facts of Activity Reflection

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| There was a speaker that came to my honors FYEX class to talk about the Undergraduate Research Center and how to start undergraduate research. | This speaker helped me be more confident about pursuing undergraduate research in the future. Before the speaker I knew I had to do undergraduate research, but I didn’t know how to start. After the speaker, I now know how to start my research in future years. |
| I went to a community activity focusing on leadership when I went to the mayo clinic to volunteer. I helped bring wheelchairs to their correct place. Also, I helped take people from hospital rooms to their correct exit in a wheelchair. | From this experience, I learned how to lead others in a new way. I was leading these people/patients in a very literal way, but also it helped make me feel like a leader. I felt like a leader because I was kind of in charge of how quickly and smoothly the process went. |
| I went to a global citizenship activity when I went to an honors activity. I attended an honors night where we met professors of some honor’s courses. I met people of different cultures in multiple senses. I met someone who was from another country, I met a professor who had a very different lifestyle in which he traveled a lot, and I met someone who was part of a sport I had never been apart of. | By meeting people from different cultures, I learned how to have a respect for those that are not the same as you. Although they weren’t all culturally different in the sense that they weren’t all from different countries, they all had some very different lifestyles from me which puts them into a different culture than me. |