

This summer I participated in the GNBCC Student Research Program. Due to Covid-19 this program took place virtually. I'll admit I was hesitant in the beginning. As soon as I heard that the program was going to be virtual, I lost some interest within it. There was no hands on experience in a lab, or an actual science project this year. I still decided to take it, since I thought it would be better than doing nothing and I am glad that I did. In my opinion, this program was a great experience. I accomplished quite a bit even though I wasn't actually in a lab. This program turned out to be a success for me, because of my instructor, my peers, and undergrad students.

Dr. Laura Vandenberg was my mentor this year and I couldn't have asked for a better one. She is one of the best mentors that I have worked with. She was always available to help us with any questions that we had. She was very understanding and patient with us. She introduced us to new resources which can be helpful in the future as well. I always appreciated her feedback on my work. Not only is she a great mentor, she is also a great person. She has a great personality, which made my experience even better.

My peers within this program were very cooperative. My peers provided me with a comfortable environment. We all gave each other feedback without judging anyone. We all helped each other learn something new. We gave each other ideas and appreciated each other's work. My peer group impressed me and influenced me positively. I would love to work with each and everyone of them in the future.

I admired all the undergrad students that I got to work with this summer. They all had great advice to give. They treated us like their friends. Looking at their projects inspired me to improve my project. They went out of their way to make us feel included. They even gave us their emails if we ever have any questions for them in the future.

The chemical that I particularly worked with over the summer was Ethinyl Estradiol. Ethinyl Estradiol is an estrogen medication, which is mainly used in birth control pills in combination with Progestins. This steroid has several therapeutic uses including contraceptive applications, treatment of menopausal symptoms, and the prevention of osteoporosis. Ethinyl Estradiol works by preventing the release of an egg during the menstrual cycle. Certain types of birth control pills can increase the risk of breast cancer by up to 50 percent or higher compared to those who do not take the birth control pills, according to a study by Fred Hutchinson Cancer research center scientists.

This program was a great opportunity for me and I am very thankful that I got to do it. I have learned so much from this program and I can't wait to apply those skills to my classes. Coming out of this program I have knowledge about Chemicals that I didn't even know how to pronounce before. Dr. Vandenberg taught us how to make infographics. Making infographics was really fun. After making the infographics I also made a PSA video for my chemical. This was my favorite part out of the whole program.

Through this program I got introduced to more programs. Dr. Vandenberg took us on a virtual trip which had to do with environmental issues within Chester, Pennsylvania. This was a very informational and eye opening program. I would gladly do this program again in the future. This was definitely a memorable experience. Thank you so much Laura and Lisa for providing me with this opportunity.