I really enjoyed the HONORS 100 section where we talked about self-care. This is definitely not the first thing college students think about. College is quite different than high school. We have to manage our own time. We are in charge of what classes we take, how often we go out, and how much we study. This can be quite overwhelming at first. At first it felt like a wave crashed over me. I chose to push aside “me” time and dedicate more of it to “important” activities i.e. classes, clubs, and work. It’s always hard adjusting to a completely new lifestyle.

The high stress me is never the best. I decided that it would be helpful if I went running every other day. I knew from high school that running helps me calm down and regain focus. I religiously started running in the morning. This was, and still is, my time that I dedicate to my physical health. Running allows me to start my day feeling energized. This has been so important through my first quarter for my physical and mental health. I also started taking more time on my Friday nights to stay in and watch Netflix and not touch my homework. As I continue with my education at UW, new adventures, classes, and extracurriculars will turn up and I’ll learn different techniques to maintain a balanced lifestyle. It was really comforting to have one class day dedicated to learning how important self-care is and how to improve yourself.

 I am passionate about interdisciplinary studies. I love engineering and math, but I also love design and how to directly affect people (our users). This is the main reason I chose to study Human Centered Design and Engineering (HCDE); it combines engineering and design. I want to make sure I get the most out of an interdisciplinary education. But as I’ve learned through this quarter, I want to become more involved or incorporate more technology/computer science into my education. I’ve always enjoyed programming, but I always found it difficult to branch out from just programming code. I didn’t think that it was possible to perfectly combine user oriented design and computer science. I am still trying to figure out the perfect combination. For right now I want to find a combination of human centered computer interactions with technical skills, like programming. I have incorporated more computer science classes into my four-year plan. This will hopefully calm my curious CS side, while the HCDE classes give me a broader perspective into users. Knowing that my interests and goals will change monthly, I will adjust when needed. I also hope to find more time in winter quarter to attend panels and project showcases. It’s really helpful to hear from professionals in a potential career field for yourself and see actual tangible projects students have created.

 I started out tentative about being at such a large school. I grew up on a small island. I grew up with my fellow school mates. Throughout the quarter I’ve learned to love the UW and the size. I enjoy walking on the vast, beautiful campus. I quite enjoy the campus’ size; I can always find new people and buildings. There’s so much on campus and around the U-district area. It seems like things can never get boring. I’ve joined the DFA club and have become one of the project leads. I have gotten experience creating a project proposal and choosing an amazing team. Our project focuses on how to help high school students with anxiety. I look forward to learning how to be a successful leader while also creating a project that will directly help high schoolers. At the start of the quarter I knew I wanted to try and work on a tangible project, but I never thought that I would be able to lead a project. In the first quarter, we have been working on primary and secondary research. I’ve learned new techniques of research like love/hate boxes. The users answer what they love and hate and place it in a box; the box respects their privacy. I am excited to start the ideation stage in the upcoming quarter. This will be new to me, but I think that my team will think of amazing ideas.