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Goal 3.5 Reflection

Working in a professional setting is something that some of us might not have gotten the experience with, but luckily I did. As a sophomore on the soccer team I was asked to do research with my microbiology professor, initially I thought that it would be a bad decision and might be way too much to handle, but looking back I am so happy that I took that opportunity because I did gain experience in a professional setting. My research focused on magnetotactic bacteria and the small nano-sized magnetic particles inside of them. I worked with these bacteria for years and got to present at two conferences, the Longwood Showcase and the VAS. Sadly my senior year was cut short and I could not present at the VAS conference this year though.

I learned so much about myself through this experience. I learned how to manage my time, and how to effectively communicate my science in an intimidating, yet rewarding setting. I was surrounded by people I thought were so much smarter than me, when in reality I was just as smart as they were. I am usually very nervous to speak in front of people, but this reassured me that I am capable of speaking effectively to others to communicate my research and it has shown me how to be the best presenter I can be. Although there is always room for improvement I feel I can positively use these experiences.

In the future, I will encounter many other professional experiences and I know that I will look back on these few years in my life and although they were stressful at times they definitely gave me more confidence to speak in front of people in the biological sciences.