

Reflection on My Learning Journey

The most valuable lessons were not always found in my notes. They came from the experience of learning. While honours expanded my scientific knowledge, it also changed the way I approach learning. I think those lessons will stay with me long after the content is forgotten.

One of the first things I learned was that waiting until I felt completely ready often slowed me down. I used to think I needed to understand everything before I could begin a task. This year taught me that learning does not work that way. Sometimes the hardest part is simply getting started. Once I began, things became clearer through practice, feedback, and a lot of trial and error. It turns out that assignments are far less intimidating once you stop staring at them.

Another lesson I will take with me is that learning is rarely something we do alone. My classmates were always willing to explain concepts from a different perspective, and those conversations often helped me understand topics that I had struggled with on my own. My friends also reminded me that there is life outside assignments and that it is okay to take a break when things become overwhelming. Their support made the year feel much more manageable.

One thing I did not appreciate before honours was how much perseverance matters. There were times when I felt completely stuck, but I learned that understanding rarely happens all at once. It comes from reading again, asking questions, and trying one more time. Honours also reminded me why I enjoy science. My curiosity pushes me to ask "why?", and perseverance keeps me searching until the answer finally makes sense.

If I could give advice to the version of myself who started honours, I would simply say, "Just begin." You do not need to have everything figured out before you start. The understanding comes along the way.