Provide an overview of the organization/research project and a summary of your responsibilities, tasks, and/or projects.

As a Research Assistant for the Emotion and Cognitive Control Lab, I spent most of my time reading on and studying the neural mechanisms related to goals and motivation after the presentation of an emotional stimulus. I also helped to organize the laboratory, work with Bridge students and prepare for data collection beginning in the Fall.

During your internship, what did you accomplish or how did you make a difference? In what ways did you grow in your professional and technical skills?

During my internship, I feel that I became much more proficient in data analysis and the writing process. Before my internship, I had little knowledge of how to interpret EEG/ERP data, but I now feel confident that I can explain the concept of the technique and make useful observations. Meeting with my coworkers and mentor each week and talking about setting realistic goals for my research and writing helped me with my time management skills as well.

Describe a problem that you helped to solve at your internship. What skills or knowledge from your education at Sewanee helped you address the problem?

Near the end of my internship, my mentor asked my coworker and I to write the results section of a paper together. We had a lot of trouble organizing the data and making sense of all of the numbers in front of us, but we were able to refer back to notes from our Research Methods class and put together something that we could start with before workshopping the section with our mentor.

In what way were your teamwork skills strengthened?
Although much of my time was spent in the lab with only my one other coworker, I found that we still had a lot to do in the way of teamwork. We had a lot of time-sensitive tasks to complete to meet our weekly goals, so we had to communicate to get together and set specific times for things that we couldn't do on our own. Despite there being so few of us, I still felt as if I had a lot to learn about teamwork from my coworker and mentor, and some of the best parts of working over the summer was the time we spent outside of the lab hiking and getting dinner together because it is so important to build good relationships in such a small environment.

**How did your internship affect your career plans?**

My internship helped me to confirm my interest in research and in Neuroscience.

**In what ways did your internship cause you to encounter people of different backgrounds from your own? What steps did you take to communicate effectively with such persons? What did you learn from such persons' perspectives?**

My coworker had taken more classes in Neuroscience than I have, so it was helpful to hear her speak on her own research and on what we were working on together. She taught me a lot and I feel more confident about future classes that I will be taking. It was also interesting to hear about the goals and interests of the Bridge students that I met.

**Words of thanks to your internship funding donors:**

Thank you for providing me with this opportunity to learn and grow in my desired career path.