

So far, KEYS has been an overall great experience, and there have been many moments throughout this program that have contributed to the great experience. One moment that stands out actually occurred while I was doing work for my lab. I was assigned a difficult task that took hours to complete, which doesn't seem like a good moment. After a couple hours of feeling like I couldn't get it done because I didn't understand what to do, I had a sort of "eureka" moment where I felt like I just accomplished so much and everything just clicked. I took another 15 mins to finish the assignment and felt incredible while doing so. Even though the moment came and went by so fast, it still felt amazing to just piece together everything I was struggling with and lift that burden off my shoulders.

This moment stands out from other great moments because of how big of a change in emotion I experience in such a short time. The feeling of relief in that moment was amazing. Other good moments were similar in that I overcame a struggle during the program but this moment I think just had a larger impact.

I feel like this moment gave me insight into learning to stay persistent even if things aren't going my way. This moment taught me that there is always a possibility of success, which I will remember as I continue with the program. I will continue to work hard during my work and remember to persist even if I hit a roadblock. This moment rejuvenated my energy and passion, as it allowed me to feel great about finally completing some stressful work. This only gave me more energy to continue my research and give everything for the rest of the program.