



# Summer (I) Reflection

## Finding Myself

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Participating as a Laidlaw Research Scholar under the mentorship of Professor Rebecca Nelson has been a transformative experience for me. One of our research goals aimed at comparing the plant health outcomes of soil mediums fertilized by urine versus synthetic fertilizer, with the ultimate goal of utilizing nutrients from human waste to improve agricultural production, and sanitation, especially in low-income communities. Throughout the summer, I found myself assuming a unique role within the research team, bridging the gap between technical and socioeconomic aspects while working towards the bigger picture. This mediator role highlighted the need for me to

develop additional technical skills such as Statistics, R programming, and Geographical Information Systems (GIS) to enhance my capacity.

The culmination of our efforts was the workshop we hosted, attended by community members, research scientists, and government representatives. During this event, I unexpectedly took the lead on some discussions, revealing a hidden talent for public speaking despite my natural shyness and introverted tendencies. This revelation has

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encouraged me to continue nurturing this gift, recognizing that effective communication is essential in driving positive change within communities.

The insights gained from this research experience have been invaluable, guiding me towards a clear career path that aligns with my passions and strengths. Pursuing a minor in Global Health made me particularly interested in the sanitation aspect of the research, and I am now certain that I want to dedicate myself to serving communities globally through global and public health initiatives.

To pursue this vision effectively, I understand the importance of continuous growth and learning. I intend to invest in developing my technical skills further, particularly in data analytics, and computer programming. These tools will enhance my capacity to analyze and interpret data, making me a more informed and impactful advocate for global health equity.

Furthermore, the rigorous nature of the research process has instilled in me a sense of better planning and time management. Setting realistic goals within allocated time frames has been crucial to the success of our project, and I will carry this skill with me as I embark on my future endeavors.

Looking ahead, my ultimate goal is to become a driving force that fosters collaborative efforts between community members, experts, and policy-makers. By facilitating these partnerships, I hope to help create more robust and sustainable solutions to address pressing global health challenges.

To achieve these ambitions, I plan to seek opportunities for networking and collaboration within international organizations, NGOs, and research institutions. My passion for public speaking and my unique ability to bridge technical and socioeconomic aspects will allow me to bring diverse stakeholders together, fostering an environment of cooperation and shared knowledge.

In conclusion, my journey as a Laidlaw Research Scholar has been both enlightening and empowering. Through this experience, I have discovered my true calling - a global health career dedicated to serving communities worldwide through sustainable practices and impactful collaboration. As I move forward, I am excited to continue my growth as a scholar, a communicator, and an advocate for positive change.