

Learning Statement

In preparation of writing this introduction, I made a list of things I've learned during this time I've spent at UW so far. My bullet points ranged from the academic: "the global dominance of neoliberal free-trade economic philosophies is incomparable to any other dominating global norm" to the less academic: "The guy in my intro International Studies classes that I think is gorgeous also happens to be wicked smart". I included things I've learned about myself: "Sometimes it's okay to get bored. Taking breaks is important" to things I've learned as an instructor: "The intentionality that goes into creating a message is as important as the information itself." I found it hard to imagine tying all the incredible lessons I've learned into a few paragraphs. But here goes.

I cannot talk about my growth as a student without talking about my growth as a person. In the three years I've spent at UW, so much of what I've learned has unfolded outside the classroom. I've learned about my biases, my assumptions, my politics. I feel that in this time of rapid growth, my thoughts and my writing often change so quickly that things I've written as recently as 6 months ago feel like they were written by somebody else, and don't reflect who I am today. I've learned about my shortcomings, my habits, and my strengths.

I've learned that I am sensitive in a lot of ways, and confident about myself in a diverse set of areas. I've learned that setting boundaries is important, and is sometimes the best way you can give to others. In the last three years, I learned more about grief, I learned more about failure.

I've learned that I *deeply* value the relationships I have: with friends, with different generations of my family, with professors, with my partner, with people from communities that I'm not directly part of, with myself. I've learned that when I try to write about how I've grown, I sound incredibly vague. I'm hoping that throughout this portfolio, I'll tell the stories that show how I came to consider these "lessons" part of who I am.

Academically, I grew in about a million different directions. Some of them were expected: my Spanish grammar *did* improve. In my International Studies coursework, my understanding of US Foreign policy, world history and economic theory (among other things) grew by leaps and bounds. During my time as a university student, I also learned a lot about how I learn: I learned that I *love* discussing the information I'm absorbing in order to cement my knowledge. I learned that being in a lecture with 150+ students (with stressful labs, and stressed TA's, and 15 other credits I'm worried about) isn't the best way for me to learn statistics. I (re-)learned that topic sentences will always be important, and that there are very specific environments in which I write good papers.

I've also learned about the power of reflection. I've learned about journaling, and how great it feels to go back through your favorite moments and laugh about your worst ones. I'm so glad UW Honors has facilitated this process of reflection, and I'm so excited to carry it forward. Welcome to my portfolio!