



December 2021

Letter to My Younger Self

Dear freshman me,

First of all, welcome to college! The movie that you will see on your first night in the dorm ("Now You See Me") will be the beginning of a great friendship with the people you meet while watching it. In fact, you have already been in two of their weddings. You are going to have great professors who care about you and push you (as both an undergraduate and a graduate student).

As a biology major and then a biomechanics student, you will learn and teach the Krebs Cycle countless times, so go ahead and memorize those ATP values now. As a TA, you will have many great semesters teaching students Human A&P, which will inspire you to teach as a professor. You will have to switch to online teaching when a pandemic hits, but you'll be able to handle it.

When you start graduate school, your fellow GAs and advisor will provide invaluable support and guidance to you on your team (term?). While muddling through your degrees together, you will once again make new best friends who will encourage you (and send you memes) when you need it the most. Through all of college, your family will be there to celebrate with you and to hug you when you need it.

Now go out there and have a blast.

Kaitlin