

## **Surgery, Speaking, and Socializing**

As I dive more into the ISM program after the first few weeks, I have been investing a lot of time and effort into learning more about neurosurgery, including different diseases and disorders that affect the nervous system as well as how some of these diseases and disorders can be treated or alleviated through certain the impact of ion channels found in the brain. More specifically, I learned about how certain mutations that occur during the formation of ion channels can contribute to the development of multiple diseases and disorders, including Alzheimer's and Parkinson's disease. I also observed that through these ion channels, the severity of the symptoms of these disorders can be reduced and can be therapeutic for a person's body. Continuing and building on this research, I would like to look more at the treatment, surgery, and aftercare of treating neuro diseases and disorders and find out more on how certain ion channels, chemicals, and hormones can possibly help and harm the human body. I have also learned some professional skills as well, including how to present myself in front of a classroom of people and be able to communicate my story, thoughts, and dreams in a clear, concise, polite, and professional manner. I would like to continue to improve my public speaking skills, specifically when talking to a professional, including maintaining good eye contact. I have also had many opportunities to form closer bonds with my peers in the classroom and learn more about other fields as well. Overall, I think the introduction research I have done for my topic has been very resourceful, but throughout this week and next week, I would like to dive deeper into the causes and treatments of disorders, as well as potential surgery options.