

## End-Of-Term Reflection

Michaela Braley

11 December 2022

As I approach the medical field, competency in scientific topics is only the first step towards building a strong foundation of knowledge. The second step of course is the synthesis of topics across my courses. Taking cell biology and chemistry at the same time allowed me to make numerous connections between the course material I was learning. Specifically, learning more about the involvement of concentration gradients and ion pumps in biological processes was a topic that allowed me to bridge two course concepts together. While learning about the chemical aspect of ions and the biological importance of gradients and pumps, those two topics in parallel facilitated a deeper understanding of how and why concentration gradients and pumps work, and furthermore what they contribute to the human body as a whole.