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“Always find time for the things that make you feel happy to be alive”

Thinking of this is what keeps me going when my biology research didn't work as planned so I have to restart, I have a biochem exam, a quiz and a presentation in my psychology class, and two research article summaries due for my internship... all in the same week. Being a double major in biology and psychology I stay very busy, but I get to tap into the many interests that make me happy. I didn't start there however.

I entered Illinois Wesleyan as a strict biology/pre-med student. As a sophomore, I realized I no longer wanted to attend medical school and would rather pursue a career in the [draw this out for effect] social sciences. Even though I was still interested in the biological sciences and planned to continue my biology education, I was afraid that my professors and advisor would be disappointed in my change of heart. I was especially apprehensive to approach a professor about joining their biology research group.

To my surprise, all of my professors supported my decision. They took extra time to sit with me and figure out my classes in order to combine my interest in psychology with biology and still graduate on time. And instead of being frustrated each time I committed to a new career path via google search, they continued to encourage me to explore all of my talents.

Around the same time, Dr. Cozy happily (at least I think) accepted me onto her team. While there is no question that being in the lab has enhanced my technical skills, I have also gained skills that I will use no matter what career path I decide to take on. I have increased critical thinking skills and learned how to work professionally alongside a superior. I have also learned that I excel in settings where collaboration, rather than individual work, is necessary.

I have one year left at Illinois Wesleyan and I am exploring the interdisciplinary careers that will be available to me with a dual degree in biology and psychology. I've interned at a law office considering law school, I've interned with a domestic violence therapy group for exposure to counseling, and I've considered pursuing genetic counseling to combine my interests in medicine and counseling I don't know which path I will choose yet, but I do not think I would have been able to explore all these possibilities without receiving my education at a small, liberal arts institution.