Passions Reflection

* What?

Ever since I was little, I loved the outdoors and doing things outside in nature. One of my passions is definitely being outside and just enjoying nature and everything it has to offer. I particularly enjoy being around water and the calming effect it has on me. There is something that is both thrilling and calming about being on the water and just existing that makes me really enjoy my time there.

* So What?

This passion is important to me as it has become something that is not just enjoyable to me but a time where I can relax and truly reflect and feel peace. If there is a big decision that is coming up, being outside really helps clear my mind and think clearly. A quiet place out in nature is more of a refuge to me than being cooped up inside. My parents have really helped cultivate this passion and support being outside as a way to relax. My mother grew up on a farm and really knows what it feels like and enjoys being in nature as much as I do and as such truly supports me in this.

* Now What?

One of the best parts of being in nature is that there is never a way to be bored. There is always something more to explore and discover. Part of my passion with nature is tied into my desire to become a clinical researcher and help determine different aspects of our existence that will help my fellow man. I also have really enjoyed becoming involved in the sports of competitive sailing as well as rowing. Being on the water with these sports has really helped foster my love for nature as well as becoming another opportunity to enjoy being in nature and reflecting on it. Currently, I have already joined the rowing club here at the University of Cincinnati and even though practice may be very early in the morning there is still something that wakes me up and causes me to really enjoy the early morning stillness in nature. The outdoors is something that will always probably be an interest of mine and something I hope to also pass on to those around me.