This course helped me gain a further understanding of cells and their complex processes. My favorite part was protein synthesis and everything that goes into it. It helped me make the connection of how DNA and RNA are made and how they create the codes for proteins that are used in other functions of the body. This was relevant because seeing how the proteins that synthesize glucose are made is helpful for me as someone close to people with diabetes. One way it helped me grow as a student was that it challenged my thought process by making me look deeper into what I thought I knew.