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Cell Biology Reflection

When I found out that I needed to take cell biology for my major I procrastinated and waited until my junior year to take it. When I thought of cell biology, I immediately dreaded talking about mitosis and meiosis again in my school career. After years of being taught and studying cells, I still did not understand it conceptually. This semester, we studied different types of yeast and analyzed their cell cycles, shapes and other characteristics. As a pre-med student and aspiring obstetrician and gynecologist, I advocate for women's health and was very interested in why yeast infections are so prominent in women. I was able to learn the different types of cell division: fission and budding and identify the yeast that's causes yeast infections (*Candida Albican*) as a budding yeast. It was interesting to connect cell biology to something I am interested in studying as an OBGYN.