

Cummings, Majesti

BIOL 293

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## Reflection Paper

For this course, one thing I learned that really helped me connect biology to other coursework was how cell signaling pathways control the behavior and function of cells. Learning about receptors, G-proteins, and signal transduction helped me better understand how marine organisms are able to react to changes in their surroundings, such as temperature, salinity, pollution, and changes in oxygen levels. This made me realize how important cell biology is in understanding the survival and adaptation of marine life. I also found it interesting to learn how the cell cycle and checkpoints protect organisms from damaged or abnormal cells, which is important for the health and development of all living things in marine ecosystems. Studying these concepts helped me see the connection between microscopic cellular processes and the larger health of oceans and marine organisms. Overall, this course helped me grow as student by strengthening my understanding of biological systems and showing me how cell biology relates to the field of marine biology