I graduated from the University of North Carolina at Charlotte (UNCC) in May 2016 with a Bachelors of Science in Psychology and biology minor. Additionally, I graduated with Honors in Psychology and University Honors. While attending UNCC, I served as an undergraduate research assistant in the Levens Emotion and Cognition Laboratory. In the lab I scheduled and recruited participants, administrated cognitive tasks, and organized collected data. Dr. Sara Levens is the primary investigator of the research lab and was my mentor. She helped me develop my Honors Thesis during my senior year of undergrad. The work I did assisting a graduate student whose research focused on emotion and executive control interactions in individuals with ADHD inspired the topic of my research project. Working on my Honors Thesis was a rewarding experience that helped me understand how to interpret data with an open mind and gain experience in conducting literature reviews and manuscript preparation My advise to other students interested in conducting research is to believe in your own strengths and know that you are not alone. Research involves a team of people that are there to support you every step of the way. Most importantly, be proud of your work.