

Dear [REDACTED]

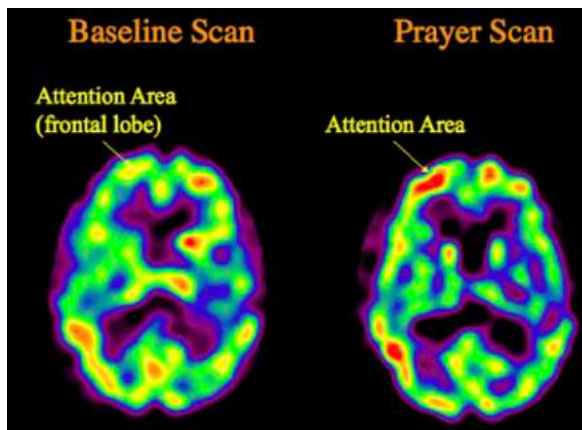
\* Referring to points in previous letters shows engagement and interest in pre-scientist and their studies

That is amazing you learned about how ancient civilizations communicated with gods and engaged in religious experiences! History is one of the best and most

important subjects to understand. In the field of neuroscience there are many scientists actively studying the human brain and how it reacts during religious experiences like when the Mayans did their gnarly rituals. Like the Mayan tribes, humans today engage in many spiritual and religious experiences. Scientists have identified areas in our brain that become activated only when we have spiritual experiences. This makes me wonder, *if ancient civilizations have always engaged in religious experiences, and*

\* Connectin STEM to other subject shows how cross-curricular STEM can

*these experiences in turn engage our brain, how much of the brain's evolution has been impacted by the history of how we communicate with gods and other spiritual entities? How different is our brain today in 2021 as a human species versus back in the time of the Mayans? And how many of those differences can be due to the impact of religious communication?*



I love that you read about my college in Puerto Rico. I was the president of the National Neuroscience Student Association. I helped create exciting and fun educational activities that used art to teach younger students about how the brain works. **Find them on Twitter as @NNSAcircuit to see the kind of projects we created!** My time as

\* \*\*IF student friendly sharing social media can encourage pre-scientist to learn more about a topic

president of the association was one of the hardest of my life. I faced many obstacles during this time, but still managed to bring incredible experiences to the Puerto Rican public. Puerto Rico was hit with a horrendous hurricane named María. The hurricane left the island without power for more than 6 months. It was a national crisis similar to this global pandemic. Everything stopped. We had to stay home, adapt to the circumstances and survive. When we returned to school, re-gaining the strength to go to class, get

\* Having challenges and being vulnerable is humanizing and deepens connection with pre-scientist

\* Photos help break up text and provide visual context to further understand the letter

good grades, work on my science research in my laboratory, lead the student association as president and begin my graduate school applications became extremely difficult. Handling the tense emotions of students in the group, teachers and others after a crisis was an immense obstacle. It was hard to juggle all my tasks like before because we spent such a



\* Using bold and different color font helps highlight important points/ideas

long time inside our homes. **It was hard to return to the life we thought was normal.** What makes my country so beautiful is that **we are defined by our ability to persevere and survive any obstacle.** We



\* Bringing growth demonstrating perseverance encourages presentist to realize how challenges can be an opportunity to learn/grow

manage to get together in times of crisis and help each other. We continue to work, we continue to move forward. I personally grasped on to my big goals as a way to overcome the situation. Every time I felt like giving up I would visualize myself living the

life of my dreams, working my dream job, getting into my PhD and enjoying each day with a satisfied smile on my face! Those images would keep me focused on the tasks I had to do no matter how excruciatingly tedious they were sometimes. Because of my ability to persevere thorough this, I am working today as a neuroscience graduate student here in San Francisco and living my dream. I can now visualize an even greater and more ambitious future knowing no obstacle will get in my way, EVER! :) Additionally, my experience surviving hurricane María gave me the skills to survive and adapt to other crises like the Covid-19 pandemic we are now facing.

My graduate school UCSF has many clubs. I am currently involved in the Maker's Space where I can build cool 3D models and artistic sculptures using 3D

\* clickable links encourage presentists to learn more

**printing.** [Here is an exciting link to a video](#) (Title: *Leaders Of The 3D Printing Revolution*, Source: Youtube) where you




can see how 3D printing works. The YouTube video was produced by VICE Media The Creators Project. They focus on showcasing artists who combine art, science and technology. I worked with them in Brooklyn, NYC during 2013 as an editorial writer. Usually, my extracurricular activities surround helping artists setup works for exhibits, interviewing artists and writing articles about them for online publications. I am a scientist and also an artist, so I try to fill my life with things that combine science and art.

UCSF has acting and drama clubs. My school attracts students with a wide diversity of hobbies, and most of the time the students themselves start the clubs. There are students that act on their spare time and created clubs to meet up with other students here at UCSF interested in the same thing. If you ever come here and there isn't an acting/drama club by any chance, the school is 100% supportive of starting the club!

Hope you enjoyed your holidays and Valentine's Day!! I'm a [Pisces](#) so my birthday is in March. I can't wait for Spring to come. It is my favorite time of the year!

What is your sign? Do you and your friends believe in horoscopes? My friends do, and we always joke around with it. Also, has your professor talked about the brain recently?

Take care,

 Pre-scientists love answering questions  
and sharing things about themselves!

*Adriana*