Sophia Thompson

HONORS 100

Nadra Fredj

4 December 2023

Final Reflection  
Guiding Reflection Questions:  
● What is something that has surprised you about yourself in your first quarter in Honors?  
● What at UW is not what you expected?  
● What is something you would like to explore further? (i.e., resources you’ve learned  
about, topics in HONORS 100, people you’ve met in section)  
● What is something you would like to explore further? (i.e., resources you’ve learned  
about, topics in HONORS 100, people you’ve met in section)  
● What do you hope to achieve by the end of your first year in Honors? By the end of your  
time at UW?  
● How confident do you feel moving forward in honors and college in general? What is  
something you are still worried about?

I am someone who always has high expectations. For myself, for my experiences, and for my achievements I expect a lot and I strive for beyond excellence. In my first quarter, I was met with more disappointments than fulfilling of those expectations. Socially, academically, and environmentally UW has not been what I expected at all. Which is not to say it has been all bad, but I had hoped UW would feel like home instead of this odd, forced vacation from the comfort of my hometown. I have found myself feeling much more lost than I expected and above all just missing knowing a place and being known. With the massive population I expected that making friends would be a cake walk. It was not. With such abounding opportunities I expected to be busier than ever before. I find that I do not even know where to begin. I have always been so used to being heavily involved wherever I am, but at UW I feel like I could shout in the middle of Red Square, and no one would even hear. Upon talking with my very limited community thus far, we all echo this same feeling of shocking homesickness and a sense that we are drowning in the shallow-end. In reflecting for myself, I realized I expected too much too fast, and I am comparing the now with the past when the two are just incomparable. Autumn quarter was not what I expected – in good ways and bad.

In terms of successes, Autumn quarter for me was all about pushing through challenges