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One of the first things I was told, upon joining this lab, was to never do anything unless you understood why you were doing it. When I first joined, I was overwhelmed with the knowledge gap that existed between me and everyone else. I quickly learned that it was okay if you do not know everything, and the importance of asking questions.

It can be intimidating to ask questions, especially when everyone seemingly already knows the answers, but this is how you learn. I was worried that I would come across as unqualified. Don't be afraid to say "I don't know the answer" to questions asked of you. Instead, use these as learning opportunities to expound on your current knowledge. This was the one of the hardest lessons I have had to learn in college. Now, I've tried to apply this concept to other areas of my life and it is amazing how much I've grown as a student.