More Details: Following my time with Dr. Rico-Guevara, I was able to take the base pre-requisite for my Biology focus: BIOL 350 Foundations in Physiology. This class challenged me to look into how I connect knowledge between the different anatomical systems and between lower and higher areas of knowledge. Whereas previous classes taught me base information I could actively recall, Dr. Wenderoth taught us tools to figure out how systems work. Using concepts such as flux and mass balance, Dr. Wenderoth called upon her students to find the path to their own knowledge and answer questions which integrated multiple systems. The image on left is an External Brain in which every week I had to draw out what we had learned with arrows connecting integrated aspects of the various body organization levels.