



SARAH BOWMAN

Transfer Peer Mentor

Major: Psychology

Hometown: Highlands Ranch, CO

THE BEST CLASS I'VE TAKEN AT UW

The best class I have taken was my drugs and behavior class. I had to study hard for that class, but I learned so much about addiction and the effects of substance use.

CONTACT

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WHY I CHOSE MY MAJOR

My major is psychology! I chose it because it is something that is applicable to a wide range of careers, and I think it is fascinating how our brains work. It is definitely my passion, and I don't mind studying for hours at a time because I love it so much. I want to pursue a career in counseling, and hopefully be a positive influence for all the people in my life. My favorite part of the program is the opportunities to get involved in research! I got a research assistant position in the Eating Behaviors lab and have learned so much.

BEST RESOURCE UW OFFERS

All of the scholarships! There are scholarships for everything, even studying abroad! Do yourself a favor and fill out the general application, it is not a waste of time at all.

WHAT I WAS EXCITED ABOUT

I was excited to experience a change of pace and a new state! I'm from the Denver area where traffic and the population have been steadily increasing, so Laramie felt just small enough. I was also excited to explore all the amazing hiking trails and campsites that are here!

WHAT I WAS NERVOUS ABOUT

I was nervous about moving to a new town in a new state! Although Colorado is not that far away, it still felt like a huge adventure. Finding a place to live was also nerve wracking since I was not familiar with the area.

ADVICE FOR TRANSFER STUDENTS

Take responsibility for your own experience! It's scary to put yourself out there and to go to events alone before you know anyone, but it is so worth it. Reach out when you need help, and ask lots of questions. When you seek out what you need and want, I can almost guarantee you will find it.

CAMPUS INVOLVMENT

Attending UW sporting events has been one of my favorite things about my experience here! This surprised me because I am not usually a huge sports fan and did not attend many events in high school. However, I have had some of my favorite memories at the football games!



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