

Transcript:

Marky do you consider yourself disabled yes okay cool what about you  
yeah it's fair do you consider yourself  
yes yes um yeah I I do okay  
um what are some things that are different for you because of your disability that a non-disabled  
person  
might not expect um finding out the hard way  
how um physically inaccessible most public spaces are and  
how when public spaces are physically inaccessible it has almost a tenfold  
punishment when you're late to something rather than thinking oh it just changes it by a couple  
minutes  
much more impactful than you would think without having to go actually find all the ramps and  
elevators to use and the  
other thing is how intellectually inaccessible some  
certain common design choices are in public spaces as well um and lastly  
probably how much backlash and bad blood guess it but um how many  
faces you get specifically being a disabled person with obvious  
accommodations without any obvious disability invisible disabilities  
specifically in my experience but also I don't have any invisible disabilities but invisible ones I've  
gotten a lot of  
hate for using things that I need because I don't look like I need them  
um guys on Zoom do you consider yourself to be  
disabled I do yeah I do okay um and what are some  
things that are difficult for you because of your disability that a non-disabled person might not  
expect  
in my experience I'll kind of tell people tell people before there's an issue I'm like hey just the  
heads up you  
know this is I have this thing going on and I might need XY Z at at some point  
and they're like yeah me sounds great but then when it actually times comes time for them to  
like assist especially  
College of my professors when it actually comes time when I need something from them they  
lose their mind  
and I'm like what why do you need this this is ridiculous have you considered just not needing  
that or doing something  
else instead and I'm like yeah actually believe believe it or not I have tried that um but didn't  
work so here we  
are happens a lot more than you would really think it it  
does um for me oh my gosh could you repeat the  
question yeah um is there anything that's difficult for you because of your disability that a  
non-disabled person  
might not expect yes um I think about one thing  
that non-disabled people would not expect is that everything becomes difficult for some reason  
like like for

pots for example like having a neurologic condition makes every aspect of my life more difficult so I think that's something that would surprise somebody is that like every single thing that I do in the day is built around my disability in order to compensate so it takes a lot more mental effort to make decisions and I can't be spontaneous um and then I also have a lot of food allergies and I think a lot of people don't expect that we have a lot of dietary restrictions um it actually limits your ability to leave the house to go to places when you're in school it limits your ability to study because um if you don't have access to food then you have to go home at a certain point so that you can eat or you will just not be able to think very well so I think that's something that surprises people is like how much your dietary restrictions can affect a person's ability to participate in things um yeah let's see so my I guess like primary disability is autism and I think something that people don't expect with that is just that it really limits the amount of stuff that I can do in a day um because like almost anything that involves like going out and interacting with people takes a lot of energy like a lot more energy for me than it would for most people and also like switching tasks takes a lot more time and effort for me than it does for most people and so put together that means that just like all the stuff that I have to get through in a day takes a lot of energy and a lot of time um to manage it all and I think it really like really reduce the amount of stuff that I can do that I can fit into into one day or one day's worth of energy and that's not something that people would necessarily expect comes with autism but it's probably one of the most impactful things about it for being diagnosed in life um I feel like a lot of people just kind of like how much that affects you just like developing where it's just like as a kid I just felt like something was wrong with me I didn't know like how to necessarily phrase it but I just felt like I just felt like that really impacted me socially because I was trying to form like social bonds with people and it was I was finding it harder just because like I found it difficult to read social cues so I was like trying to make these connections and I feel like that really impacted me socially made it hard for me even now to kind of like reach out and with people just because I had like negative negative interactions in my youth and so that just kind of messed me up I do have autism as well I'm mly

effective I do have it my parents found out when I was four years old um and autism has affected uh my learning a lot in the past distracted a bunch of times but hasn't really been an issue lately I'm pretty good at staying focused occasionally I can get distracted but I would say um with interacting with people I can do that like if there was a project I'm doing pretty well with group work but there are certain um directions that can seem confusing I feel like there's been a lot of cases where the teacher uh when they provide an answer and instruction like um I wouldn't say it's not that it's uh hard to do but but sometimes not quite clear and has a it lacks a few details that are important like even today you know like when I was trying to find answer one of my questions like the professor made a mistake you know and I just have to make sure that my brain is able to wire and connect because you know I said check out this reading from chapter 10 scam through chapter 10 I know I was thorough you know my brain was messing with me I didn't find it send him an email and he corrected himself he said sorry lesson 10 not chapter 10 and that was a big difference but sometimes in the past my autism has had trouble you know sometimes reading that maybe someone made it and some things with like jokes when people tell jokes at school all the time Middle School I when they say it to me and apply a concept I didn't even know what the heck they're talking about you know but then as I get older and go on I kind of understand but still though like like even if someone tells me like a dirty inappropriate joke and they want me to laugh I will laugh but I won't do it if it's the complete wrong time and that that has affected my learning as well is when people even in some cases when we're studying they just bring up completely irrelevant weird off topic things and how am I supposed to respond to that but that's me you know that has affected me I'm trying not to let it affect me too much like that but I would say that's where I fall in with autism okay so some things that are different that a non-is person might not expect um well I think with my chronic illness like I don't think anyone would expect the time loss um like it's just so massive like um you know when people hear like the popular version like name of my chronic illness which is chronic fatigue syndrome they're like oh you just feel tired like no um you know and and when I tell them you know that like yeah I can like lose half a week um depending on what else I'm doing during that week and that's just the moderate version of the illness not the severe version they're like oh and I'm like yeah um and and that is that's with pacing and that's with like arranging my time um so that I can

maximize the amount of time I can spend um present in the world that's that's not not doing that but still you know it's just like there there days that I'm just like I just have to stay in my room stay in bed stay and and people people don't get get that it's like a need not a want was you know it's like oh you know you can just no I can't um cuz I've tried and that went very poorly for me um and on the topic of another disability I think something um that certainly surprised me when I was kind of like Rec contextual contextualizing my existence because I was also late diagnosed um and that I think would surprise a lot of people who don't know that much about ADHD is like the aspect into which it involves your emotions um and how it can cause these like really dramatic mood swings um and you know how how difficult that is especially when you're interacting with other people because they don't understand why you can be like super like energetic and like talkative and stuff like that long second and then like be catastrophizing and feeling like the world is against you the next um so yeah I think that's something that people would find surpris in but it's a great answer and I've stopped telling people that like now I tell people that I have ME which is the technical name for it because when people hear chronic fatigue they think like oh you're tired all the time but that's not that's not really what it is for me and I feel like the thing that people don't really expect very much is the amount of time you spend thinking about things related to your health um like counting the number of steps that it would take to like walk from one room to another or like deciding if you're going to eat or take a shower or which classes you're going to going to work on and also yeah the the time sync like when I first got to college I'm pretty well now um but when I first got to college I could go to my classes with the disability bus and then I would go home and I would just lie in my bed on like Instagram reels for hours and I just sit there near cover and then I could maybe study a little bit in in the evening but like the amount of time that is just kind of gone um and it it adds up over the years so I feel like the amount of time that I've spent like actually doing regular life over the past like six years has been maybe three years worth and then the other three years worth has just kind of gone um which is kind of weird to come to terms with now you been disabled um these have I ME technically my whole life but I haven't been affected by my disabilities my entire life at least not one of them um autism that that one's pretty lifelong but um the other one I have is um technically I was born with hyp hypermobile joints and they didn't really start hurting till I was seven um so I have had uh chronic pain and chronic health issues related to hyper Mobility since what is that like first grade I think

yeah um guys on Zoom how long have you been disabled  
um I I was born with mine but it didn't really start affecting me until I was in  
eighth grade um but it didn't really become become like I didn't start identifying  
as disabled until I was in nth  
grade I've also always been disabled I  
was actually like visibly and outwardly disabled for my whole life but I never  
identified as disabled I'm part of hearing and I've always used a a hearing aid or just been part  
of  
hearing um and I wasn't raised in a way that I really acknowledged that I had a  
disability or accommodated for it um and I remember reading a book that was  
included in my hearing aid kit when I was like 10 or 11 maybe in the early teens and it had a  
page that talked  
about how to treat your child who was hard appearing and um their approach to  
disability in that day and age don't teach them ASL unless like you really have to and um just  
treat them like  
they're not disabled um which led a lot of the comorbidities of  
being deaf like my language acquisition and speech impediment and and  
um identity and like lack of learning ASL and things like that I love that to  
happen um and not get addressed and so I really missed out on  
a lot of um tools that I could have used I also struggled more in school but that  
was never really connected to not able to hear instructions very well um I also  
have a lot of physical like chronic illness but stuff didn't really happen until um high school and I  
think it  
didn't it took until like I couldn't really get out of bed very much or like go anywhere that I started  
identifying  
as disabled but I think that if I identified like that earlier because I  
was disabled earlier I think I would have benefited a lot more from  
um like more coping mechanisms and ways to get myself more involved in my  
community versus like while saying I wasn't disabled I think that that led me  
to be ostracized more because there was an acknowledgement of why I was  
struggling and so it just made me appear  
weird um I've also been disabled my whole life um and trying to think think  
I realize I think I was 14 when I realized I was Autistic or as strongly suspect it  
and then got diagnosed maybe a year later if I'm remembering correctly um and I don't think it  
was  
until after I was diagnosed that I started identifying as disabled and I like  
put together that that was thing apply to me I think mostly  
from talking to and you know reading stuff written by other disabled people  
in realizing like oh actually we have a lot of experiences in  
I definitely feel like my autism has affected me for  
pretty much my whole life I don't think I really started getting as well which is a very  
um I didn't get I don't think it started really negatively affecting me until like my  
senior year of high school and I was like it's probably fine  
no yeah so I yeah I didn't get diagnosed until like around this time last year um

but I like had suspicions for a couple years um yeah I remember like talking to like mat care doctor and like hey I think I have like ad it's just anxiety and I'm like okay yeah and then so was incredibly gratifying she get that official diagnosis was like I was right I knew it but yeah so it's definitely been I just like I just like had my suspicions for many many years and just finally getting that diagnosed was like yeah you do you do have AG it's like yeah to be honest I don't know my parents found out when I was four so I assume maybe my whole life I don't know it could have happened literally when I was four so s 17 years going but for the effect part it's kind of been an on and off switch it's affected me at times other times I don't feel like it's affected me at all you know some of my friends have when I was in high school with after I my Bo and they were really surprised you they didn't make fun of me or anything like that that's good but they they just never would have assumed you know I communicate with people well I hyped up my friends a lot of the time you know we had a lot of fun times together and we still do I still see some of them some of them go right here to college at UW and they they can't they didn't even tell at all that I was autistic but it's important that I told them anyway because like there were times where I felt like I was having a weird mood s i them to understand you know and I however people have an outlook on it it's very important that people get educated on the subject because there are a lot of arrogant people that treat it like it's nothing or think it's just an excuse you know and it's not you know um but yeah that's my Outlook on it it can be an on and off switch I don't want it I don't want to feel like I no one wants to feel like they're effective all the time so you got to learn and adapt your ways I feel like to make it feel like that's not affecting times you know you feel like just human being you know doing whatever and that's that's what is for me like it should be more an on off switch so I mean yeah technically again like I to repeat the refrain that a lot of people have like technically my whole life when was I diagnosed well um yeah the first like thing that I was actually diagnosed with was uh guess what depression and anxiety um which was as a result of um suddenly becoming chronically ill and not knowing that it was a chronic illness and just thinking I was a failure um yeah I put a lot of pressure on myself yeah that combined with the like intense perfectionism was was not that's not a good combination um I was trying

to think though like there was a time where you were sick remember like was it yeah I got yeah it's important context  
could that from where it came from yeah when I was 16 I was the sum I turned 16  
I got pneumonia um and that was what triggered my chronic illness um so  
that's when I became chronically ill I got diagnosed with ADHD um when I was 18  
I have not been diagnosed with autism but I strongly suspect yeah that I yeah thanks qu um I  
strongly suspect that I have it um and you know there's some other like  
diagnoses that I think would apply to me but you know coming from I think I've  
been really impacted by like um my disability studies education and just  
like um you know I don't necessarily want to pursue more diagnosis because  
like there's a lot of problematic things about the diagnostic process and about you know  
medicine and  
about you know so I've lean I've sorted leaning towards just like identifying as neurodivergent as  
like a blanket term  
so I I feel like I started identifying as disabled or as neurodivergent um  
around when I when I was in high school um kind of with the you know mental illness and stuff  
like that and then the  
ADHD diagnosis um and I figured out I was chronically it took me four years to get  
diagnosed with my chronic illness um which I feel very lucky actually because um most people  
who have my chronic  
illness are not diagnosed um so it felt like a really long time in a really  
terrible struggle but like you know trying to put things into perspective like hey at least you know  
least I got diagnosed um so yeah the whole like like how long have you been disabled that's like  
a more complicated  
question than people think at first um but yeah that's my take on it can I add  
something kind hilarious I kind of autismed on the  
question I answered first thinking like oh yeah I just say how long I've been  
disabled cuz that's all you asked for and I'm listening to everybody else talk I realized we're  
supposed to elaborate  
on that so I don't think you I don't think you're supposed to  
elaborate like oh you know there is a lot of context that go to that you didn't want to know just  
specifically  
exactly how long i p I've been told I'm very gullible and it's because I take things too literally  
anyway how many people have been  
told anyway so I am also a late diagnosis  
kind of neural person um I I'm  
technically because I got the um neurodivergent starter pack when I was 11 um they told me  
I was severely depressed and anxious so you know as as one does it's typical  
common experience especially for sis autistic women anyway and then I  
struggled with my symptoms of autism throughout my entire life nobody really caught on also  
because I'm black so I  
can't be autistic either um and then while I'm black I'm a woman so it's just kind of like  
dual plus I'm chronically ill and I've been

in chronic pain since I was seven so they're like oh that's got to be the only reason you're severely depressed  
cuz that and the fact that it took 14 years to diagnose the source of the chronic pain which was also just an  
orthopedic doctor looking at me he was like hey your knees kind of go backwards wow I know anyway so the process of was I've been affected  
by a physical disability since I was seven didn't know why since I was 21 for reference I'm 21 um infected by ASD my whole life  
didn't know until I was 18 and one of my older sisters came up to me and she's like hey think you're autistic and then  
the other one separately came up to me she's like hey I think you're autistic I was like oh my God that's crazy so I got  
a diagnosis I got like the full exam like comprehensive exam and they're like yeah and then I was like oh [ \_\_\_ ] that's crazy no wonder none of the mental health counseling or medications I've been doing since I was 11 actually worked because I've been treating the wrong thing the entire time and then for some  
reason I still didn't believe them so I got another diagnosis later and they're like yeah so anyway that was fun I feel updated now I'm  
done um yeah mine was I also got a really bad case of mono for like four months and then um it turns out yeah I got I got diagnosed super early though I got diagnosed in like the first four months  
and then I didn't believe it for like 3 years I know I got really lucky but I refused it cuz there's no treatment so I  
was like well there's no effective treatment so I refused it for a couple years and then once I accepted it I kind  
of considered myself disabled but it took a bit I like ruled out everything else like I've been tested for so many  
things and it was yeah clean anyway yeah so like seven years I've gone through the gamut of like every single doctor that you could possibly think of like blood test MRI  
rheumatologist the  
physiatrist the neurologist the cardiologist whatever oh yeah I had a  
heart monitor one summer and then I said instead of hot girl summer it's heart monitor  
[Music] summer oh man those were Days Mary it  
you as a person in any way yes sorry yes um  
to put it frankly my disability crushed my dreams it was lovely um I was a  
junior Olympic gymnast as a young and  
had to quit or okay my drink pain was getting so bad the hypermobility drink  
pain my tendons are really messed up anyway um the hypermobility joint started  
I was well into the gymnastics by then and the combination of 25 hours of high  
impact exercise a week plus hyper mity was a really bad idea but I kept doing that for five years  
uh to the point  
where I would use a wheelchair at school in like sixth grade and make it so I  
didn't walk at all throughout the day to kind of save my knees to go to practice later that day um  
and my mom was so

heartbroken watching me do that that she just pulled me out of gymnastic because I was getting to the point where the only time I walked was to do gymnastics because I loved it so much and I still love it very much and I can't do it and I felt very betrayed by my body uh went into severe depression after I was forced to quit gymnastics and it definitely shaped who I what who I am because after the severe depression started my dad was trying to find like literally any way to distract me and make me feel better so we started watching Cosmos together and we would like nerd out about black holes and stuff um and throughout Middle School and High School eventually I came to the sad realization that I will never be able to rely on my body to do what I want it to do there's no cure for what I have and the only thing I can consistently rely on is my brain so I got super into science really really freaking into science my disability kind of shaped me into an ultra nerd um I think without it I would have been a jock like way more of a jock um and it also made me a very empathetic person because um just cuz I know what it's like you know and I see someone struggling I'm like how can I help you and any way especially when people are in pain cuz I'm like I know what it's like to be in pain all the time I've been in for 14 years of my life that's 2/3 so far it's going to be a growing fraction as I age but sorry so um because of my disability I am extremely empathetic and extremely nerdy I don't think I would have been otherwise okay can I jump in and like the degree to which we have very similar stories is kind of it's like it's like kind of nuts so um yeah cuz cuz I was a track athlete oh my God and I kept going way past when I should have stopped and I probably would have had a much milder version of my illness had I actually stopped um but I had I had coaches who um love to like verbally abuse the athletes um and so I um you know got it in my head that I just wasn't like conditioned enough um even even at the very end of an extremely intense season cuz I was I was a um Sprinter um yeah so um and then you know like I got depressed cuz I had to quit um like I had like a mental breakdown because of my body failing me and the way the coaches were treating me like it got to the point where I was like passing out at the end of my races and and and oh and once I passed out in practice and like like it took way too long for someone to like care enough to come and help um yeah it was a really toxic environment um but so what I did was I got really into Star Trek and black holes and I sat by the TV and eight M&M's in watch Star Trek just to try to take the pain away it's so good and I got really into science and I got really into

astrophysics it's just see see I got really into astrophysics and then the autism took hold God I got way too deep into it and then I had existential crisis after ex you should see my collection of like retro Star Trek memorabilia I have like a dedicated shelf um yeah my mom had to tell me to stop watching things about black holes I started wondering if I like exist oh my God yeah the existential I I swear I read this book called we have no idea and it's all about all the things we don't know about space and I was like oh boy she told me I had to pick a planet so I picked Earth I'm not even kidding she told me pick a planet pick the planet I picked Earth because I live here and now I'm a meteorologist that's fantastic okay I'm sorry I jumped in but I like I had I to connect with you on that front it's supposed to be a conversation that's my coaches were also extremely [ ] they told me I was faking it and I wanted attention because I was so good at gymnastics which is part of why I loved it I excelled and mean it's been 9 years since I quit and I still hold National records I was really freaking good and so they're like there's no way you can be this good if you're in pain all the time which also made all the crazy gymnastics moms hate me cuz they're like my daughter can walk fine and you're still winning and so yeah all the toxic gymnastics hated me my coaches hated me when I was nine and the pain was like pretty bad I went to a meet in California and Disneyland I was right there right and my coaches and my mom wanted to go to Disneyland before the meet I was 9 years old and I refused to go to Disneyland because I wouldn't be able to walk after Disneyland to go compete and I got there and my knees Hur a little bit from traveling before the meet started and I was like oh I can't warm up as much cuz I got to be able to actually compete and my coaches told me to stop like faking it and told me to just go warm up and my mom got so mad at them she started like going off like what kind of 9-year-old doesn't want to go to Disneyland are you anyway much I was also told that I was faking it um yeah it was it was so like I was I wasn't like Junior Olympic good I was just the best on my team um and they hated me but they needed me um which is a very dangerous position to be in um and oh yeah yeah so yeah I I I I empathize I empathize for sure this is really fun I'm G to let other people talk yeah if anyone else wants to talk what was the question guys on um do you think that your disability has changed you in any way as a [Music] person wait were you talking to us yeah sorry my been here today so it just broke up for a second um but I absolutely think it's [ ] this person because I'm the only person that I've ever heard of um like in my personal life having this um I have

chance disease and no one has ever heard of it you know even in like chronic illness and like disabled spaces online I don't ever see anybody else with it um it's pretty isolating um but I think it's also made me a more empathetic person and it's also changed the shape of my life you know I had to withdraw from college in the fall um and you know that's been an interesting experience but I'm not sure it's all bad but there's definitely been a change

um I have a similar kind of like the Genesis of my um I'd say like emotionally disturbing disability Journey because I say like being born deaf isn't you're not like it's not like you're uh having hearing loss because you didn't really lose anything like you're like that the whole time I always so yeah I didn't really feel very sad about that bullied about it um but when I got very very sick and couldn't get out of bed couldn't do things um and it was like really sudden it was also when I was at my Peak athleticism and I was marking drumline carrying one-third of my body weight for one two three hours at a time with no breaks maybe like one or two water breaks for a three hour period which is also like illegal probably um and very very toxic environment um push through all of that stuff so I ended up probably disabling myself because of that and injuring my um neck and spinal cord area which just caused a whole um domino effect but I managed to uh really mitigate a lot of stuff and and be a lot more functional then I think both people in my situation would be so very lucky but um I definitely like crushed my dreams on the other hand and and I wasn't always positive about my disability but on the other hand I feel like the dreams I had were very yre dreams and the dreams that I have now I'm achieving and they're a lot more interesting um so I feel like it's made me a cooler person it's made me a lot more knowledgeable and confident I have like a lot more confidence in myself especially from having this situation being gasset and doing I was right and then ending up being right and knowing that I can trust myself so I feel like I have just become such a much more interesting person and much more empathetic um just yeah I feel like I've grown so much as a person um and I'm just I have a lot better lore and um it helps me I work at an [ ] hospital setting and so it helps me to be a lot more um effective as a healthcare provider for people who also have disabilities because little do they know but I also understand yeah let's see I mean I think it's definitely changed or Le like I I I kind of have no idea who I would be if I was you know I think it's very intertwined with lots of different things about my personality um but in terms of like more obvious impacts I mean I think on one hand

honestly it makes me kind of a very small and scared person a lot of the time and I don't really like um I feel like it's made my life smaller than I want it to be and it's made it very hard for me to like build the connections that I want to have in my life um and and I'm I'm trying to get better about it and and like learn how to how to like adapt for it and and figure out how to how to build towards the things that I want um but that does take that does take a lot of work it's um I think I've gotten like a lot of really good connections out of it I think I have I don't have that many friends but the friends I do have are all autistic as well and I think like I've been able to to form some really really good some really good connections with people who have similar experiences um I think let's see um I think before that now that's that's more true now I think especially before I was diagnosed it was kind of a made it very hard for for me to it caused me various problems in my relationships with other people and honestly at one point like really messed up my relationship with my mom in the way that I like kind like is never going to never going to be the same um because I was doing things and feeling things that I could not really explain to her um and it just kind of it just kind of blew up and turned into a big mess and I didn't come to words to explain what was going on um let's see it's definitely also like impacted my I don't know my decisions about what what to do with my life I think I've never made any Ser any significant change to what I wanted to do um I've gotten like I'm in I'm in school for Math and I'm planning to stay in school for math I'm planning to go to grad school for it and I do think like I I chose to do this very early and I stuck with it um for i' stuck with it for a very long time because it's felt safe um and because it's like okay this is something that I know how to do and I don't know how to go out into the world and be um you know a functional person and all these other ways that I can do this one thing um and I do really love it I think I I'm mostly I'm mostly very happy with that um but then it does also it's like another way in which my life is ended up kind of weird and small um I don't know this this feels much much less positive than I feel like I normally feel about things um but yeah I mean I kind of talked about this earlier just kind of like dealing with social interactions just kind of like just this feeling of like isolation from my peers somewhat where it's just like um just like I didn't feel normal and I like autism describers where like everyone else kind of has like the book on like how social interactions go and

you just kind of have to figure it out by yourself so it's just kind of like so I think like I'm pretty sure my autism gave me social anxiety because like I was like I had to like kind of like overthink my interactions where I was just like okay I did a good thing here that got a positive reaction but this got a negative reaction for some reason I don't know why but it did and it just kind of turned into I want to get a good grade in social interaction which is a normal thing to want an [Music] [ ] it's yeah I feel like just as I've gotten older it's gotten better for me and I've kind of learned to like just because I feel like as a kid I was just very sensitive to that rejection now that I've got an older I'm just like you know like they don't like me I'm like I found I guess like I kind of found my people and like people understand me and like you know I feel like a good connection with them um so that's kind of helped somewhat but I definitely feel like just that kind of like or just like having to constantly mask um it's just because that's very draining because it's like I've had to try because like when I was a kid I would try and kind of like change myself to fit in better with people that I wanted to be friends with and that had a negative impact on my mental health because it's like yeah if I change myself they'll be my friend and then it's just like yeah then you have to kind of like keep up that mask constantly yeah what was the question go ahead oh yeah um how has your disability changed you as a person if it has um I would say it's [Music] a it's made me more aware of kind of my environment and what's going on um and I would say it's made me more understanding most importantly of other people um and kind of made makes me understand what when matters are serious and that there people that make fun of serious matters um but yeah I would definitely say the biggest thing is making me aware of my environment um one thing I always wake up every day is like you know you could have a nice job you could be physically in shape but most importantly autism has made me consider my mental health most important um and how important it is to try to avoid addictions if you can or get influenced people with Autism can get influenced by the wrong thing very easily um and I struggle with that too um so you got to know your true personalities you have to be able to tell yourself if I get influenced by this will this affect my character and how my family sees my values so I would say that it's a great answer I kind of yapped already but like one more thing to add um is that um in terms of my chronic illness I think it's given me I mean it's given me sense of purpose I I had to dropped out of the

chemistry major um because it was just not going to be possible with my medical needs and the schedule and so many things and then I had to come back home and it was a mess um so I just when I was trying to like get slowly get back into taking classes I um was like okay well I need to do my gen-ed so I started taking some sociology classes because it's a subject themselves interest me um and you know coming to terms with being chronically ill kind of happened in concert with like dropping Kem and um changing my major ass sociology and then I found the disability studies program at udv so like you know like it's like literally changed the course of my life to the point that you know what I want to do is I want to um you know build strong support networks for disabled people and um help disabled students um get accommodations in school um especially those who are least likely to like um have the resources necessary to like make that happen so yeah it's a great goal I feel like M I know a lot of us have talked about this but I'm like more empathetic as a person for sure since getting sick and then also um um I feel like I'm more empathetic in some ways and like less empathetic in others like I'm more empathetic um when I'm talking to other people who like have chronic illness or like going through something and then I'm less empathetic I've had some like older people say oh you're tired just wait till you get to be my age and like I've lost some empathy for some people in some conversations which I'm tried to work on to be a person overall I'm trying to like shut off the part of me that like recoils from that um but yeah I'm also like more focused in what I'm doing like I'm more um choosing things that are really important to me to put my energy into hilarious I've also got most empathetic for old people yeah well because I like go park in one of the Ada spots because I can't walk a lot that day and then some old lady in the store will yell at me like you not that's something for disabled people like I need that spot I'm like I need it Toc sorry I had to myself for a sec um because this is scientific study so this lady she or I yelled at a lot because of it and I'm like I need it too and she'll be like I've been disabled for 12 years go try 14 14 I'm 21 you're 83 I'm going to be disappoint time I will have been disabled for 76 years I don't care about you I'm parking where I want to T-shirt with like the disability sign on it branded if you guys are down um I think we should transition to talking about college accommodations um and some of us are in college and then some of us are recently graduated um but just like in the questions apply it to like when you were in college um Marky did you receive

any accommodations during college and if so what were they  
yes um I got the anxiety starter kit by DRS when I signed up as a student with  
them they gave me time and a half on tests recorded lectures if I want to  
record it um copies of all presented materials and reduce distraction  
environment for testing um and I was like cool I don't actually need any of  
that um can I just want to make sure I can bring my service dog to class and they're like no no  
here's a starter kit  
I was like no no no I just be my service do please they're like um I guess technically we can't  
stop you so sure  
and then they give me the service do notification accommodation that tells my professors that  
I'm going to bring it  
about to class and they can't tell me no um and my other accommodation uh  
sometimes we use the time and a half because testing anxiety is a real thing but I don't need  
any of the other stuff they just I like to call it the anxiety  
starter pack anyway um uh the other accommodation that's been really helpful  
has been um permission to which they have to let me have permission because  
that would be an 8 violation um to use my just bike inside as a walking Aid CU  
um the hyper Mobility is in all my joints so I can't push a wheelchair for myself I have to be able  
to get to campus somehow so bicycle is really nice  
and um my specific disability friendly uh I can't an EI wheelchair because  
insurance won't cover it because I can technically walk um sorry interject  
really quick my insurance said you can't be able to walk from your bed to your bathroom get an  
electrical is that  
the it's so stupid it's so I just you know how much easier it would be if the  
CH would just buy the win any sorry so I was like okay fine I'm going to get an  
electric bike cuz I can afford that it can get me to classes and and it is pretty hunk hunk large but  
it can still  
go in all the places um and when I'm having like a really bad day I don't  
have to use my arms to push it I could use a motor a little bit if it's a really really bad day or I can  
just like  
kind of sit on the seat and just push with my feet and did I just drop a bar  
sorry I can sit on it and just kind of push and it's really really helpful and  
people get confused when I like put my disability placard on the front so everyone leaves me  
alone and I'll kind of just  
like roll my bike into a classroom and then I'll get off of it I'll put that kickstand I'll walk perfectly F  
my seat  
and people just give me a look they're like okay and then I'm sitting with my I'm sitting there with  
my dog who looks  
like she's doing nothing and they're like okay is this a really elaborate  
ruse that's how I feel people think about me like and I'm like when I got up  
to go to the bathroom I'm like I'm I hope I'm in a space where people won't be shocked and  
appalled that I got up  
out of my wheelchair and walked to the bathroom when someone holds a door open for you  
because you're like obviously

disabled because you're using a Mobility device and then later you're like oh thank you so much that was really sweet  
and then you walk I can't tell you how many times people have gotten mad at me from walking which is a really weird  
thing to get mad at someone for but okay anyway those are my accommodations the most helpful things I have are my service dog as an unmedicated autistic person because medication does not work well with my body or my brain so she helps out as a psychiatric service dog that's what I have and um being able to use my bicycle inside those are very helpful for me and  
both very atypical so it's I get a lot of backlash for both of them but they're what worked best for me and they're the only reason I've made it this far  
College uh guys on Zoom did you get accommodations in college and if so what were they um I did not get accommodations in college because I was your student and I was like I feel great you know I've been doing well for a while I don't need accommodations big mistake don't do that you um and the part of the reason why I did it was because I was um like I thought about getting it just in case but then I actually in the process and I got super timed by it and I didn't really know how to navigate it at all um so I was like it be fine I  
don't need this again huge mistake [ ] how big of a mistake that was but um I completely lost my yeah don't don't do what I did terrible idea so I actually had a lot of accommodations I think the only one that I didn't try out so to say or use was um  
Extended time on tests like the most like I think common accommodation for people have like ADHD or something like that usually is extended time and so the one most people think about I didn't use  
that I have a service dog I'm not really working here anymore but um she came with me so I had accommodation for that I had an accommodation for due dates being extended um I went to a really really hilly University in California so that was really cool and fun um and I did use a wheelchair um for most of college and that was really fun it was like a hybrid elect trick but um yeah that hurt my pockets but um yeah Insurance wouldn't cover that for me either don't um but yeah I got lucky in that situation and so that helped a bit but then even with the hills you know like going roller coaster the little chair yeah we had a fun ride I did  
before um really really embarrassing um so yeah I had like the accommodation for the wheelchair which is like a Furniture but like nobody ever follows that one and like nobody ever  
fixes the Furnitures that you can pull up your wheelchair so like I just at some point between that and never  
finding parking because they were always taking away disabled parking spots and like building on them and putting um  
like parking their service oh my God [Applause]

[Music] yeah getting rid of our library putting a bunch of like mobile study like tents over the disabled parking so that a large barrier to my education um and so I ended up at some point doing uh also just like having a expression people not masking very well and such um ended up having an accommodation for virtual attendance but since my University wasn't really made to accommodate virtual attendance other than during Co and once like the lockdown and vaccination kind of started happening they just really pulled back on that and said no more um I mean my my husband's in grad school and his school when he goes to they have all of their lectures recorded so you can always watch them um and they have professional recording people in my university did not do that in undergrad at all so we had to get an iPad on this robot arm and I zoomed in onto the iPad and then in order to be able to see the screen because Zoom doesn't have like great resolution they like would go onto the camera so that way like I could see what they're writing better so they would like zoom and then like share screen and then go to the iPad camera and like use that as like the camera so that I could like read the screen um and I could like turn the iPad but like half the didn't connect so um that that's how I accessed I'd say a good amount of my education I would say once the iPad came out my grades went up and I was doing a lot better despite being very bad because at least I was able to get to campus and not miss half of my class circling the entire campus trying to find parking because ADA violations but um yeah those were my some of my biggest combinations also letting them know I have a service animal um and uh due date extensions and stuff like that um and also just like I worked in like or I did my university in like healthcare sort of stuff like nutrition and so there were some things that were very physical where they're like oh you should try this food or um we're going to run up and down the stairs to get our heart rates up testing for well I'm on beta blocker so my heart rate won't go up I'll just pass out so they do that for me so they were really great about that I would just be the one recording the heart rate well everyone else R so that was nice but yeah my biggest accommodations were generally like the zooming was a huge one um and due date extensions but I will say with extensions I know a lot of people who've also had that that's been especially if they have like severe executive dysfunction it's a double-edged sword do I think they should have D extensions absolutely but if they start relying on those I've watched people just get on

this um this like I guess you could say like a domino effect where they're laid on one thing and then they start pushing back everything else and so then they have to ask for extensions on everything else and then they start getting really really behind by a few weeks and then they have to ask for an incomplete and then you know so you can just see how like this could really negatively impact so I I seen that happen different ways but I was very conservative with how much I asked for the extensions um and usually only asked for like two or three days max I would say the accommodations were really helpful I had a very big autoimmune flare um and was like pretty dangerously ill but because of my accommodations I was able to still stay in school and finish relatively on time I will say though I think I used a lot more accommodations like I had a lot more than I ever used and I think being like really really liberal with the accommodations like adding them on even if it feels excessive was one of the tools to success because I would let my professors know like probably I'm probably never going to use half of these but if something happens I will so just so you know they're there and I think that was a reason I was so successful yeah I've got the only accommodation I have is double testing time um which when I did like my autism assessment you do like all stuff person is like oh yeah you have slow processing speed you should be getting double testing time and I was like wait what um because I had not had a problem with that up until that point um up until that point being basically the Middle School um now I think I don't know how getting through my class I like I can't imagine not having this um just because like I the vast majority of my classes I'm like I don't know how anybody's finishing this half the time are you all doing am I in a class full of hummingbirds so that's definitely been very helpful um in I do remember when I when I originally found that out I was like I don't know I'm not sure um and I like I tried to not use it for for for the first like quarter I think and then I realized actually yeah that's a terrible idea um and yeah so that that's very helpful um I did I think also get offered what you described as the anxiety starter and I remember this because I didn't like no one this was I was getting things set up like during Co you know during lockdown for Co and um I certain know told me that this would be like an option that they would offer me and so I'm like on this Zoom meeting with some that I've been met and I just automatically say no because here's the thing slow processing speed means that when I'm having a conversation with someone if they ask me a question that I have not I'm not expecting to hear that my brain like the time it takes me to

process that is longer than the time they're going to expect me to give them an answer so I will just automatically say no to things this is bad this is not this is a terrible Habit to be in but I will just like automatically say noce if I'm not expecting to get offered it so I remember thinking this and then thinking like wow that that this is very funny because um yeah I remember thinking that now it worked out fine because I don't think those would have been things that I that would be particularly useful to me anyway but I remember thinking it was very funny because like the way that that was set up ended up being inaccessible in a way that meant that I didn't really understand like what my options were or what I was like what the situation was and I was like H you know if it if it had occurred to anybody to I don't know send out like a little memo of what was going to get talked about in this meeting and what the options would be before I showed up here so I could read that beforehand in process it that would have been nice you know it's funny i' forgotten about that accessibility meaning is inaccessible my go to First SL processing is what someone will say something to me I'll be like what and then a second later like they repeating it I'm like oh yeah you say what cuz I didn't know what you said but you do know I said I was like not yet it took took a few seconds for to turn into words in my brain you know see it was there weren't words yet yeah which is why I always need to watch TV with sub oh yeah yeah that dual like input is so helpful yeah yeah cuz then if like people it's even fun too because when they really Express their opinions about subjects that matter you see The Words which you represent yeah yeah it was like with dialogue back and forth the next person's like halfway through the sentence before I process the other one so anyway that's hilarious anyone else hyperlexic when they were a kid I read and red and red and red and red and red and red and red and red and red and now my brain is so cooked I'm like reading is she I went through books daily or I would start a book and then start another book and like go through both of them at the same time I think that might have just been like my DHD kind of between things but yeah I'm just like yeah I'm going to start and go through this 200 Page book at like two like oh yeah then you had a really really high reading level too yeah I remember doing those little quizzes like a college reading level now that I'm in college I'm like I don't understand what how to make a child a [ ] I started what the I started talking about my drive to gymnastics every day in elementary school was 45 minutes cuz the club I went to was great and my parents

were like oh it's worth the drive right and I would always get a library book at lunch before I would get two and my goal would be to finish the book within the 45 minutes SP gymnastics and so the I bring them back the next day be like next and the librarian started challenging me all right I was a med to my local library because like I checked out so many books and then of course you know ADHD object per i' I'd lose a few I'd rack up a bunch of fins oh God now that I think about it we didn't have that much money back then I feel so bad my parents are probably like um I this is not the worst problem to have I guess but really don't lose your books anyway accommodations oh yeah oh yeah um I mean I just kind of like on all of them just rather have them and not need them them and not them I feel like the double amount of testing has been like the increased to testing time has been helpful um something that I've kind of found a little Annoying with like the extended deadlines is that it's only applicable to assignments that are like under a week for me and I'm just like I don't feel like a lot of the assignments I get are like exactly a week long so it's like they can't app to it so I was like cool I can't use this you know there was a limit on that I think I like I don't know if it's like no I didn't get it I wish I had but um but yeah that's kind of a little bit frustrating just because I feel like I tend to prate a little bit more on the bigger project and I'm just like oh it's big and scary I don't want to do it right now because it makes me anxious and then I like kind of spiral a little bit but cuz then CU then you have to like create the tasks on your own with the big projects instead of having them just dumped onto you and it's just like how do I divide up my time I'm just going to not think about it and then yeah and I think just like something that I really struggle with is that I have like multiple things I need to do at once and I just kind of like how do I decide which one's more important I've kind of combat combed this by by doing like an online spinner and putting in the it that's actually fun fact that is picked UW as my college fantastic I was deciding because I couldn't decide between UW and Western Washington University because I was like UW's more expensive but it's closer and like you know it's a good school but like University because I was just like kind of like because I didn't really have any like big opinions on like what colleges I wanted to go to so I was just kind of like uh okay we'll put it in was really close to I think I have a screenshot of it somewhere on my but yeah I get the same thing where it's like I look at a big task I have to do and like pre- burnout before I pre burnout it's so

overwhelming no it's pre- burnout and then I like eventually actually get the task done I'm like oh that wasn't bad at all literally me and my final project I do have accommodations um have one for um time testing there are some tests that are very long um and requires a lot of work to find the answer because we can use our notes but when we think of the time that I'm giving I would have to be as at the most two minutes a question and sometimes it isn't working so having an extra 1.5 times longer is pretty helpful so you know the test is still is challenging as it is having extra time is nice so then I think um um I think that's my only accommodation for now maybe I'll have some later on but yeah yeah um for me yeah I got I got the anxiety CER pack I got yeah extra time on tests um reduced distraction environment um those I definitely use um and then there's the ones that teachers have kind of started providing by default which is like materials um like the slides and stuff like that and um I also have the like deadline extension one but like at the UW there are like extra Hoops that you have to jump through that involves like scheduling a meeting with your professor and I'm just like no no no so like depending literally depending on Vibes I like choose to activate that one or not um cuz it's like oh God do what and and then sometimes [ ] for later but um and the interesting thing about the deadline extension one is like the difference between like using that accommodation for My AG ADHD and using it for my chronic illness was a sweet sweet adal prescription because yeah we love ad all in this house um because then I could actually like start projects like days even before they were due wow I know I know like hours even before they were and and and so like I was like more locked in and I you know know but then now what I actually use it for is like if I have like a really unexpected bad flare up and it's just like help me Professor um and so it's become cuz cuz when I was at Evo oh God help me um I you know I was an absolute mess I was taking this chemistry class that had like four different homework assignments do a different points in the week and then of course one would always get missed in the and of course mentally I was not doing great so so um you know I was constantly like Professor like like writing the like please pity me email um the graling I was I got very good at that I'm really enjoying this I promise I'll have it done um when I was in high school I had like a one-day buffer on all my calculus assignments I was like turning them the day after they were due consistently it was so fun like at like consistently the day after they were du um but now it's just like an every now and then thing because like yeah I feel like back when I was like not medicated

for ADHD it was absolutely that double-edged sword where it's like I turn in one thing late and then get behind on everything else um but yeah  
now it's much more for like my chronic illness but but also it's just like so  
cuz there's like this inherent distrust that like professors have and people who  
have this ACC comedy and like like the university as an institution has is like  
like even though like supposedly quote unquote you're disabled and need this accommodation  
it's like um do you really  
need it so it's like just yeah um that's that's such a complicated one um but um  
and then a housing accommodations that's been like relatively new to me um for the past 2  
years but I've had I've been  
living in like the ada8 room in one of the dorms and um I had an emotional  
support animal accommodation um my cat lives with me and honestly I don't know what I'd do  
without her  
um I think I've had the like most struggle like like with housing and Food Services  
um instead of like DRS like trying to get accommodations and like cuz like  
like even though like they knew I had my cat I don't think they knew I had my cat before first  
year I lived here um I  
don't well cuz DRS approved the accommodation and I submitted the file  
the necessary blah blah blah um and I just didn't hear anything about it from  
anyone else ever until you know I repeated the whole process the second  
year and then all of a sudden they're they're emailing me like um okay so  
there's this meeting that you have to have because you have an animal and I was like this is  
news to to me where was  
this last year um cuz I also was not on the list for people with animals to be  
notified about fire drills so that was a nightmare um  
and yeah so like I just don't think they knew I had a cat um which hilarious um  
but also yeah um and I don't know there's just been some things like so in  
the Ada room there's a um a husky card scanner um  
and most of the rooms just have key like regular key holes mine has a husky card scanner my  
room is right next to the  
door for the hallway um unknowing people might think that the  
scanner for my room is the scanner for the hallway door unknowing people have  
slapped their husband card on my scanner um and it has opened my door um  
and supposedly cuz I was going to say I was like like I know that some people  
must have like emergency security clearance but how many people have  
emergency security clearance because every single time this happened and it's been like six or  
seven times at this  
point I stopped I think they fixed it eventually um it was a different person who was  
like hey and I'm like well cuz and it's always building staff and like the first  
couple times like they tried to like run away and pretend it never happened and then I caught  
them once and they were  
like oh I'm sorry it was an accident I'm sorry I'm sorry and I was like okay it's it's fine can we fix it  
um and you know  
so it's like Loki invasion of privacy um cuz you know like I live alone like what

if they had opened my door when I was you know getting out of the shower on  
um you know so it's just like it's just like you know  
like so what I later found out I think is is that like my room was like a  
security level below what it should have been so like a bunch of people had access to my room  
they weren't supposed  
to are you in Willow yes are you on are you in 3:25  
yes wait [Applause] wait seriously  
did you move it two years ago yes I had it right before you oh my God was nice I  
was been in that room2 I that room it's such a good room  
but I moved out of it for that specific problem  
[Loudspeaker announcement]  
okay really quick I have  
to be so quick cuz this is hilarious I had that room the year before you and they must have  
changed the security or  
something because it was not that bad before like the only people who had access to it were the  
like the one  
building like manager and I found out you the hard way so I was I like to hang  
out just I don't think this is too much of TMII I just have to hang out my underwear right so I was  
hanging out of  
my underwear in my room alone with my blinds closed enjoying my privacy and then um I was  
like studying at my desk  
which is right in front of the door yep I know the door I know yes and  
I hear my door open and my heart dropped because I when I say underwear I mean  
just underwear and and I turned around there was a police  
officer no way I threw my hands up like oh my  
God terrified sitting in my seat the guy with his like hand on the holster key  
card opening it and he stopped he was like and he just kind of stared right below right below  
where my eyes were  
first my eyes are up here my eyes are up here he stared right down there he goes  
uh sorry I thought this was a bathroom in what universe is it the  
bathroom right like not even a bathroom near that room you know how the like the  
in the bathroom you can actually lock the door lock the door and then nothing can come in  
there's no key cut for the bathroom right I cried I ran into my  
bathroom I locked the door locked the door and I called my mom I called my boyfriend I was like  
somebody needs to  
come here right now because I thought I was about to get arrested naked and I don't know what  
to do and I don't know  
why the police officer is opening my door full full uniform with his hands on his holster yeah and  
then eventually I  
called my like r on call I was like was he looking for someone or something apparently there was  
something going on  
downstairs because willall is right above the dining hall and something happening in the dining  
hall and he like

walked up through Willow cuz there's like a back service entrance he never explained why he opened my door cuz clearly you don't need a key card to get into the bathroom so yeah but they must have made the cuz that's the only time it happened for me but it was also like the worst time yeah but they must have made janitor open my door um I had like I think you know like at least three or four different building staff open the door cuz they told cuz like when I talked to like the like head manager she was like um I mean we do have emergency access to your room but we're we were supposed to have to go to the office and grab a specialty card and I'm like well people are opening my door left and right so I don't but I think I complained about it enough times that it stopped and I think I complained about the fire alarm being accidentally triggered enough times for it to stop um um you know cuz I well I had my you know the the well yeah they were like um you know I I gave this whole sof story I'm like it gives me anxiety it gives my cat anxiety I you know blah blah blah and you know I you know every time I'm like ready for it to be an emergency and I'm throwing things in my back like all my medications and blah blah blah and they're like oh I'm so sorry to hear that we're GNA make this your problem fill out a work order and I'm like and so then the work people come and this guy is like like how do I like it was just the most misogynistic like he was he he clearly thought that I was I was nuts um and cuz cuz he was telling me like this should not be happening this should not be happening this shouldn't be happening this shouldn't be happening and I'm like okay sir I appreciate your expertise but it is happening like that is my ontological reality is that this is happening it was a nice room but after the officer situation I us was too traumatized to keep living in it okay questions okay I think I think I'm G to um oh really quick my accommodations um extra time um living accommodations and then they gave me like a spy pen that I can use to record stuff class I've never used it but they they offer that I also totally forgot that I did get housing combinations that I was in the dorms like little I same yeah okay um I'm going to do two success questions because we're kind of low on time um the first one is what are you studying or did you study in college and um how did you choose it well I kind of already told you that my mom told me to pick a planet so I'm studying the Earth I started really really um decisive about what part of Earth I wanted to study going into undergrad so

I was like how about climate science as a whole because they teach you a little bit about everything except geology which I have very mixed feelings about because I don't want to study rocks I feel like I should study rocks anyway um so I went to the atmospheric sciences Department because that's where the climate science major is um and I started doing all these little classes to little oh my they were so hard um I started doing all these different classes to get like a comprehensive view of the earth system as a whole and I to they had one oceanography class requirement which was so weird because the ocean is so important for the climate they should definitely have more than that um that's my personal opinion so I started doing research in physical oceanography at the Applied Physics lab here at UW and that's my part-time job and then I also did a an atmosphere chemistry class for the climate major that was also really cool that I was interested in so now for my senior thesis I've been doing atmospheric chemistry research for two years as well so I've been working in two research Labs I have climate science as a major I also decided to double major in meteorology because I'm very interested in the way um atmospheric chemistry and climate Dynamics um and meteorology Dynamics influence each other um like how atmosphere compositions change um long-term energy processes R of balance and how it affects things short term like a storm and how much and how impactful a storm is um and then I did an applied math minor which I'm very glad to be done with because it was helpful but I don't like math classes um what did I say the double major the two research jobs a minor okay and then I'm graduating this spring I'm very excited and I'm going to grad school to start a PhD program in atmospheric chemistry congrats it's uh where you going to grad school that's a really loaded question that you didn't know was loaded okay because I study climate chemistry and if you'll take a second to think about the current Administration there's about negative funding for grad school I'm graduating I'm I'm going to probably go to grad school like next like Academic Year after the next one and yeah my research plan is on disability we're both so screwed no I found one really good school with very cool people I'm going to work with that do exactly what I want to do um so probably end up at the University of Rochester also because uh they are uh state funded not federal funded so the money can't be touched and privately funded because some random billionaire wants to know how methane works so he's paying us to figure it out so yeah yeah totally it's

great private funding is private funding is the way to go right now I think Co and I got to Skid out  
can we both answer  
this question okay wait what what are we studying what am I studying what am I do you want to  
combine it like what are you  
studying and what's something that you're proud of having done in college oh okay cool yeah  
um so what am I  
studying I am majoring in sociology and minoring in disability studies um I'm  
also graduating spring um I hope to go to grad school um to do research on  
disability accommodations in like specifically for chronically ill students in K12  
education um what am I proud of  
um what am I proud of um I'm actually I'm really proud of  
this project that I did for um my disability history class  
um and it's um kind of analyzing like disability and family  
history and um kind of the intersections of like um how disability has been um  
kind of imposed as label in certain marginalized populations and like  
navigating that in future generations and intergenerational Trauma and it was just like really  
complicated like  
emotionally heavy and like but like also super important project and I'm just really proud of it um  
I'm also proud of  
all of the um kind of like on campus activism I've done and the connections  
I've made with people in the like Seattle disabled community so yeah um  
what are you studying and what are you proud of uh geography that's the plan right now now  
anyway I think it'll  
probably hold through um [ ] communications and something I'm proud of is I guess getting my  
AA degree at B  
College last year so that's was a pretty good accomplishment kind of marked the halfway point  
um for geography right now  
I'm not going to stress about what I'm I could do in the future right now which I'm still a junior  
level other year  
after this um I think it could do some pretty good things maybe the environment I've always also  
been in the railroad so  
I want to see maybe what I could do geography wise working with um so yeah that's something  
to think  
about um trying to take things one SI at a time i'm trying to going to try to  
pass my test tomorrow I think I can that'll be I'll be on spring break so that'll be nice um yeah I'm  
just that's  
the way I am I'm I'm I don't want to look too far ahead of things I'm I'm proud of you too yeah  
congrats on the  
degree that's awesome thank you yeah well yeah we got we probably got just to make sure we  
can pass the bus  
back to the east side appreciate it yeah thank you so much um yeah I really wanted to make  
sure I was able to come  
to this and great um I'll um I guess we're still recording but um

I'll I'll like send you stuff about the and and if you want me to like give like text answers to any questions I can't  
too you all right thank you guys I feel like we need to talk more you should oh absolutely get us in touch uh Quinn  
please don't abandon me you're pushing me sorry good leaving you SC yeah please  
yeah um I'm sure these are all lovely people but was I thinking all right have to get home all right bye nice to meet you nice to meet  
you our our final zoom zoom student graduated student um  
what did yeah she's on she's on East Coast time so [ ] yeah what did you uh study in University and  
what is something that you're proud of having done and this can be like something that you've done after University or in  
college um yeah so I studied nutrition science undergrad I thought about Premed for a while um I was PR for a while and then I ended up just finishing up a nutrition science and I graduated this past December so it's been quite recent um now I am a registered dietetic technician working at one of the largest research hospitals in the country um  
yeah very proud of myself for  
that yeah I'm very proud of myself for getting to that point and um with the knowledge that I have in healthcare I have been and the advocacy I've done and actually the hospital that I work at um  
I went there like three years ago and got treatment that allows me to now work there um and without them I would still be mostly and I mean wheelchairs are awesome i' be relying mostly on my  
wheelchair and I think my opportunities would have been a bit smaller so and I just have able to get a lot more done  
now thanks to the doctors at the hospital so now I work there um I'm still experiencing disability symptoms every day I'm actually sick today so that's really fun because you know  
everyone has germs but um yeah I'm just really surprised that I got through college when I started college I was not really doing well and it was really hard and um living on a mountain basically um makes having a  
physical disability really hard so yeah very proud of myself I am now a nutritionist and now I get to help people who have disabilities and help people are struggling with chronic  
health issues and I also help a lot of old people who don't um don't act very  
[Music] [Applause] well nice but um yeah I'm I'm just  
constantly in awe of the fact that I am in the place that I am right now and  
[Loudspeaker announcement]  
every by that time we just get warnings  
sorry keep oh that's so cool yeah yeah I'm just really grateful to be the place I am right now and I'm also grateful for the experiences I've  
had and I'm also really really really grateful for my University's disability Resource Center they have not been perfect um they are grossly underfunded

and the turnover is insane um like nobody works there for very long but thanks to the Ada and thanks to my accommodations I got through college I didn't have to um defer or you know take any sort of C of absence for health reasons probably should have at some point but I didn't and thanks to my accommodations I was able to stick it out and get through my a so it made a huge huge huge difference um yeah and I'm really only successful because of that that's a great answer um I'm studying math and computer science I'm graduating uh spring as well um so that's exciting yeah I've done a math major and a computer science major and I've also got a philosophy um because I'm really interested in logic and and other other aspects of philosophy as well but um and my plan is to go to gr School for Math um I've got I'm not sure where yet I've got a couple options for PHD programs and I'm hoping to defer for one year to go to a master's somewhere [ ] because I've got a couple options for that as well however everything is very up in the air these days so that's true in math as as unfortunately as well you'd hope the math would be safe um even the math is not safe so when a normal year I could totally defer for a year and go um to I can totally do that this year I'm not sure um but I do have a couple options I've got visit days um over over spring break um so I'm going to get to go see a few places and try and make my decisions um about that um yeah so that's have you narrowed in on like a field ma do that's a good question I mean I think there's math is an interesting uh subject in the sense that you can go into math bradville not really knowing exactly what you want to do which is not or you go to a math PhD program not knowing exactly what you want to study which is unusual um because the first years of the math PhD program are you're still taking a wide range of classes um because there's just so much math out there it takes you that long to to really know what you want to do um I think there are kind of a few different areas that I've really enjoyed so I've done some research in like algebraic Comics I got to go do an Ru this summer at the University of Minnesota that was doing some stuff related to that and I had a really great time um that's actually one of my grad school options so that might be where I end up which I think would be really nice um so that's something that I'm really interested in I as I said I'm also really interested which is unfortunately a terrible field to be going into these days because it's basically dead I mean not not quite it's not the most active field of math however there's a lot of stuff that's kind of more on the theoretical CS side of things that has a lot of logic

overlap um so I'm thinking that might be the direction that I want to go in I'm just not sure yet because I haven't done enough of it um and the possible year long things I could defer to do give me a much better sense of that so I've got um um I could either go do like a just like a standard Masters at Oxford but I have a lot of options for what classes I was taking where I can go university of Amsterdam has this like specific logic and computation Center and I can go to a year there I think that would give that give really want to do that because I think they'll give me a much better sense of whether that's what I want to do um but but as of yet I'm not sure what I'm open to I'm open to possibilities you know there's a lot of I've enjoyed most of the math that I've done um so I think there's a lot of really cool map out there and I'm open to to to get excited about new things as well um things that I'm proud of I'm pretty proud of the research that I did this summer um I think that went really well and I also just like met a lot of people and had a really nice time um and I'm also really proud I te for math class for my and that was that was really hard it was really good and I think it went really well um so I'm very proud of that and I'm excited to do more TA in gr school yeah you're you were a great ta I was only there for one quarter it was awesome um I'm studying r biology which is it's very it's a very fun um classes where there's a lot of fun classes you can take um feel one of my biggest successes was like writing I think a seven page paper for a class and was all about like orc and work hunting tactics because I decided to be a marine biology major when I was like in elementary school I just kind of picked it and stuck with it because like we had to do a project in like fourth grade about like an animal like or like a marine animal that was in that lived in fug sound and I remember hearing that orcas could like like eat great white sharks and like as a kid I was like I thought sharks were at like the top of those being that was like that's so sick and so like I got to learn a lot about orcas and yeah I was very much it's like it's a little concerning considering how violent orcas can be other animals I'm just like there's a video of an orca smacking a seal out of the water in like 80 feet into the air I'm not joking insane I was like okay D um yeah but it's like what's also really interesting is that there's never been a recorded wild work attack on people it always happens in domestication um that's because they essentially get put in solitary confinement and that makes them go crazy because they need you know open spaces and socialization and they don't get that so that makes them a little Ness so so I have some very strong opinions on SeaWorld anyway we don't need to untack that um but yeah so I just found it really interesting how it's like they're just like so strong and powerful but yet like

they don't attack people it seems like that be something they do but it's just like really interesting to just kind of like see their social dynamics um and kind of like how they problem solve and then because it's like the way they hunt is very kind of localized um because it's like some or it just really depends on what they eat because you know our Southern residents they eat salmon and like how they hunt Salmon is a lot different than like you know the like transients that hunt seals so it's very like there's a lot of like it's just like there's such a big variability and there's kind of like subspecies of orca it's just like very interesting to me and I think just kind of like the ocean asle ho is a very interesting place because it's just like there's so many weird stuff that we don't even know about yet like I also really like more eels like the Fring Jaws like that's that's so cool and interesting to me I feel like if you just like if you're into like weird little creatures that you should absolutely biology there's there's a whole bunch to choose on it's yeah yeah um I'll I'll finish up I guess um so I am Ming in math and Mining in BIO um and I agree about the weird the Piat is like news yeah anyway um yeah I chose those because the math I knew I wanted to do because I just like math um and then the Marine Bio was a complete surprise I started doing Marine Bio research so I wanted to do math research um my freshman here I started reaching out to Professor he like please let me do pure math research as a freshman and everyone's like no that's not thing they like apply to Rus um and I ended up doing marine biology research um that I like absolutely loved and then I and my adviser for that project was wonderful and then for a while I was like doing math trying to figure out how to combine the Marine Bio with the math um which is difficult and um yeah so that's how I how I came into into those two and then things I'm proud of um I also did an Ru last summer which I'm really proud of than you um it was remote it was through Virginia Commonwealth um and I signed up to do it like during my finals not crazy like in the morning finals in the evening and it was on it was but I'm proud of surviving that um I'm proud that I'm going to graduate in like a couple days I guess because end of winter quarter um yeah I'm excited about that and then um coming up I'm planning to do um I'm planning to do graduate school next year um and I'm like deciding about um PHD programs right now which I guess is like a lot of us but yeah so that'll be my my project once I graduate I'm gonna think for like four days what's the best what's the best move um but yeah I'm really proud to to have made it through college and to be

heading on to the next thing and also um side note my health has gotten a lot better in the past year so that's not really my fault that's kind of just like it happened but I'm also really really grateful to be like able to walk around more and enjoy things more can I say something I'm proud of and never said something I'm proud of yeah please okay I'm really proud of in many different ways how I've advocated for myself throughout College as a student with several disabilities because it has directly impacted other students with disabilities in a way so they have a slightly easier time navigating the kind [ ] that they would be [ ] nervous asking for and a really good example of that is U my service dog because I did the introductory uh General chemistry course uh during my freshman year and I was the first student ever in in udub chemistry to bring a service dog to lab and they're like uh we have no idea how to do this like you can't have that in your chemicals you can't have it in a lab like I'm like okay well she's well behaved can we get her a safe place to sit and watch me while I do it in case she needs to help me and can we get her some protective equipment and they're like oh yeah for sure so they bought her a mat to sit on away from any um Glass St TOS or chemicals and area where she could be Tethered to like a secure place and then someone could release her to come to me if she needed to come to me which ever really needed to happen which was nice but um they got her a lap coat goggles and boots they were really excited like the department was really excited to have the first dog and she was just really cute so they made a poster of her which is now hanging up in Bagley Hall like a real dog like DWG cuz huskys where the dog like a real dog wears glow toe shoes goggles and a lab coat and on the top it says number one Ken 142 student and so she made history as the first service dog in a UB undergraduate K laboratory and they were like man this is going to be great when you know maybe a couple years or something we get another dog another student with a service dog like now we know how to handle this and one of my friends who also has a service dog who came to UW the year after I did and is a biochem major has thanked me for it because they came in and didn't have to figure it out themselves which was a very difficult process of advocating for myself because they tried to make a bunch of arguments like you just can't have the dog you just can't have like find something else do something else I'm like this is the only thing that works for me and I need to find a way to make it work and so that was really stressful and difficult to figure out but since I did that no other student in the C Department with the service dog will have to do it after me and I feel very proud of myself for

setting the standard and um being an example of we actually can accommodate  
this so do it and um I'm really happy about how I have helped other people in  
that way that's thanks I was excited to talk about that when I  
saw the question thank you all for coming um  
thank you for joining on Zoom I appreciate it it's good to see  
[Music] you you guys gave great answers it was wonderful yeah