

The study I participated in investigated the relationship between cognition and estrogen levels, which I was eligible for due to the fact that I have amenorrhea. Over the course of roughly five months, I went in for four visits, and each one felt like a worthwhile use of my time. I enjoyed all of my time there (except for the blood draws, which I discovered I do not like at *all*) and began to form relationships with the two main heads of the study. I loved getting to build these relationships and discovering more about the ways in which cognition might be affected by low estrogen levels. I never thought that simply being an athlete could have that much of an effect on anything other than my physical performance at a sport. I had never considered that it would affect the way I thought about things and made general decisions, and this study definitely opened my eyes to that.

Among other new experiences, I can now say that I have had two MRIs. While I didn't love them, it was interesting learning a bit about how they work and what happens during an MRI, knowledge I didn't have before. Additionally, the monetary bonus associated with the activities as well as the study itself were not the main driving factor behind my doing the study, but it certainly was appreciated. The study was easy to work around from a scheduling standpoint, as everyone involved was thankfully very flexible. In that respect, I felt I had the lighter burden.

All in all, I am so glad I participated in this study, because I feel it enriched my life in lasting ways and might even help me change some of the damaging habits that I have perpetuated the last few years. Without the study, I may not have noticed them at all. I know I benefitted greatly from this study, and I sincerely hope that my contributions will be beneficial to the investigation and science as a whole.