Advice
I would advise to use the available resources to talk to the professors that you enjoy in person about research opportunities. Professors love the help and in my experience are very willing to aid you along the way. By making the most of what is available, doing research or applying for scholarships is a very attainable and rewarding goal.

Current Research
In my project, “Proposed Mechanism by which Saccharomyces Cerevisiae induces inflammation in Inflammatory Bowel Disease and Mitigation of Disease Processes by Dietary Ganglioside”, we set out to examine the effects that the dietary yeast Saccharomyces cerevisiae has in the pathogenesis of IBD (Crohn’s disease and Ulcerative Colitis). In addition, we are investigating the effect that dietary fat, gangliosides, have in ameliorating the symptoms of the disease. By creating a cell culture model that reflects the human intestine and subjecting it to treatments of both the yeasts and the gangliosides, we are able to examine the level of inflammation and make conclusions about our hypothesis. In efforts to deepen the knowledge of the disease and improve the lives of those affected.