

best contact solution reddit

best contact solution reddit is a widely discussed topic among contact lens users seeking effective and affordable lens care products. Reddit, as a platform, offers diverse opinions and firsthand experiences from users who share insights about various contact lens solutions. This article explores the best contact solution recommended on Reddit, analyzing user reviews, ingredient effectiveness, and safety considerations. It also covers different types of solutions, including multipurpose, hydrogen peroxide-based, and saline solutions, to help users make an informed decision. Additionally, the article addresses common questions and concerns regarding lens maintenance and hygiene. Readers will gain a comprehensive understanding of what makes a contact solution highly rated in online communities and how to select the right one for their needs.

- Understanding Contact Lens Solutions
- Top Recommended Contact Solutions on Reddit
- Factors Influencing the Choice of Contact Solution
- Proper Use and Maintenance of Contact Solutions
- Common Concerns and Safety Tips

Understanding Contact Lens Solutions

Contact lens solutions are essential for cleaning, disinfecting, rinsing, and storing contact lenses safely. These solutions play a critical role in maintaining eye health by preventing infections and ensuring lenses remain comfortable to wear. There are several types of contact lens solutions available, each with distinct purposes and ingredients.

Types of Contact Lens Solutions

Contact lens solutions generally fall into three main categories: multipurpose solutions, hydrogen peroxide-based solutions, and saline solutions. Multipurpose solutions are the most commonly used because they combine cleaning, disinfecting, rinsing, and storing functions into one product. Hydrogen peroxide-based solutions provide deep cleaning and are effective against a wide range of microorganisms but require careful handling to avoid eye irritation. Saline solutions are mainly used for rinsing and storing lenses but do not disinfect them.

How Contact Solutions Work

The effectiveness of a contact solution depends on its formulation, which usually includes disinfectants, surfactants, and lubricants. Disinfectants help eliminate bacteria, fungi, and other

pathogens, while surfactants aid in removing debris and protein buildup on lenses. Lubricants enhance comfort by preventing dryness during lens wear. Understanding these functions can help users select the best contact solution based on their lens type and eye sensitivity.

Top Recommended Contact Solutions on Reddit

Reddit users frequently discuss their experiences with various contact solutions, making it a valuable resource for discovering reliable and user-approved products. The following are some of the top contact solutions often recommended within Reddit communities based on efficacy, price, and user satisfaction.

Opti-Free PureMoist

Opti-Free PureMoist is praised on Reddit for its excellent moisturizing properties and effective cleaning capabilities. It is a multipurpose solution that provides long-lasting comfort, especially for users with dry or sensitive eyes. The solution contains HydraGlyde Moisture Matrix technology, which helps retain moisture on the lens surface.

BioTrue Multi-Purpose Solution

BioTrue is another popular choice on Reddit, known for its natural pH balance that matches healthy tears. This multipurpose solution offers comprehensive cleaning and disinfecting, along with enhanced comfort. Users often highlight its gentle formula, making it suitable for sensitive eyes.

Clear Care Hydrogen Peroxide Solution

For users looking for a deep cleaning option, Clear Care hydrogen peroxide solution is highly recommended. It effectively removes protein deposits and disinfects lenses thoroughly. However, it requires a neutralization step before lens insertion to prevent eye irritation, which some users find less convenient.

Renu Advanced Formula

Renu Advanced Formula is noted for its balanced cleaning and disinfecting properties. Many Reddit users appreciate its affordability and availability. It is suitable for a variety of lens types and offers reliable protection against microbial contamination.

Saline Solutions

While saline solutions are not disinfectants, Reddit users often mention brands like Simply Saline for rinsing and storing lenses when combined with a disinfecting solution. Saline is also used for lens rinsing immediately before insertion.

Factors Influencing the Choice of Contact Solution

Selecting the best contact solution involves considering individual needs, lens type, and eye sensitivity. Various factors influence which product will work best for a user's unique circumstances.

Lens Material Compatibility

Different contact lenses, such as silicone hydrogel or traditional hydrogel lenses, may react differently to certain solutions. Some solutions are formulated specifically for particular lens materials, affecting comfort and cleaning efficiency.

Eye Sensitivity and Allergies

Users with sensitive eyes or allergies may require solutions with fewer preservatives or milder ingredients to avoid irritation. Preservative-free or hydrogen peroxide-based solutions are often better options for these users.

Cost and Availability

Cost is a significant consideration for many users. While some premium solutions offer advanced features, more affordable options may still provide adequate cleaning and comfort. Availability in local stores or online can also influence choice.

User Lifestyle

Active users or those who wear lenses for extended hours may prefer solutions with enhanced moisturizing properties. Conversely, occasional lens wearers might opt for simpler solutions or saline for storage.

Proper Use and Maintenance of Contact Solutions

Using contact lens solutions correctly is as important as choosing the right product. Proper lens care routines help prevent infections and maintain lens quality.

Cleaning and Disinfecting Procedures

Users should follow the manufacturer's instructions for cleaning and disinfecting lenses, which typically involve rubbing and rinsing lenses with the solution before soaking. This mechanical cleaning step is crucial for removing deposits and microorganisms.

Storage Tips

Contact lenses should be stored in a clean lens case filled with fresh solution every time. Lens cases must be cleaned regularly and replaced every three months to avoid contamination.

Avoiding Common Mistakes

Common errors include topping off old solution instead of replacing it, using tap water for rinsing, and failing to follow recommended soaking times. These mistakes can increase the risk of eye infections.

Common Concerns and Safety Tips

Contact lens users often have questions about solution safety, side effects, and best practices to maintain eye health.

Potential Allergic Reactions

Some users may experience allergic reactions to preservatives or other ingredients in contact solutions. Symptoms can include redness, itching, and discomfort. Identifying and switching to hypoallergenic solutions can help alleviate these issues.

Signs of Infection

Improper use of contact solutions can lead to eye infections. Warning signs include pain, discharge, blurred vision, and excessive redness. Immediate medical attention is essential if these symptoms occur.

Consulting Eye Care Professionals

While Reddit offers valuable user insights, consulting an eye care professional is crucial for personalized recommendations and addressing specific eye conditions. Professional guidance ensures safe and effective lens care.

Best Practices for Contact Solution Use

- Always wash and dry hands before handling lenses or solution.
- Use fresh solution each time lenses are stored.
- Never use saliva or water to clean lenses.

- Replace lens cases regularly to prevent bacterial growth.
- Follow the recommended soaking times precisely.

Frequently Asked Questions

What is the best contact lens solution recommended on Reddit?

Many Reddit users recommend brands like Opti-Free PureMoist and Biotrue as the best contact lens solutions due to their effectiveness in cleaning and comfort.

Are there any homemade or natural contact lens solutions suggested on Reddit?

Reddit generally advises against homemade or natural solutions for contact lenses due to safety concerns; it's best to use FDA-approved commercial solutions to avoid eye infections.

Which contact lens solution do Reddit users find best for sensitive eyes?

Users with sensitive eyes on Reddit often recommend Biotrue or Clear Care hydrogen peroxide-based solutions as they are gentle and reduce irritation.

Is hydrogen peroxide solution considered the best contact lens solution on Reddit?

Hydrogen peroxide solutions like Clear Care are highly praised on Reddit for their deep cleaning capabilities, but users emphasize the importance of following instructions carefully to avoid eye irritation.

What are the common downsides of popular contact lens solutions mentioned on Reddit?

Reddit users mention that some solutions can cause dryness, stinging, or allergic reactions; for example, some find Opti-Free solutions drying, while others experience irritation with certain preservatives.

Can I switch between different contact lens solutions according to Reddit?

Reddit users generally advise consulting with an eye care professional before switching solutions to ensure compatibility with your lenses and eyes.

Do Reddit users recommend multipurpose solutions or specialized solutions for contacts?

Many Redditors prefer multipurpose solutions for convenience, but some suggest specialized solutions like hydrogen peroxide for deeper cleaning and better comfort.

How do Reddit users clean their contact lenses effectively using solutions?

Reddit users recommend rubbing and rinsing lenses with solution for at least 10-20 seconds per side, then soaking them for the recommended time to ensure proper cleaning and disinfection.

Are there any budget-friendly contact lens solutions popular on Reddit?

Yes, some budget-friendly solutions like Renu and Kirkland brand multipurpose solutions are recommended on Reddit for being effective yet affordable.

Additional Resources

1. The Ultimate Guide to Contact Solutions: Reddit's Top Picks

This book compiles the most recommended contact lens solutions from Reddit communities, offering detailed reviews and user experiences. It helps readers understand the pros and cons of each solution, ensuring safe and comfortable lens wear. The guide also includes tips on lens care and hygiene to prevent infections.

2. Contact Lens Care: What Reddit Users Recommend

Focusing on contact lens maintenance, this book explores practical advice and solutions favored by Reddit users. It covers a variety of contact solutions, their ingredients, and effectiveness. Readers will find personal testimonials and expert-backed tips for maintaining eye health.

3. Reddit Reviews: Best Contact Lens Solutions for Sensitive Eyes

Designed for individuals with sensitive eyes, this book highlights contact solutions that minimize irritation and dryness. Drawing from Reddit discussions, it compares brands and formulations that provide comfort without compromising cleanliness. The book also offers guidance on identifying allergic reactions.

4. Safe and Effective: Choosing Contact Lens Solutions According to Reddit

This title emphasizes safety and efficacy in contact lens solutions, compiling Reddit's collective wisdom on avoiding harmful products. It educates readers on the importance of disinfecting lenses properly and selecting hypoallergenic solutions. Additionally, it discusses recent trends and innovations in lens care.

5. Reddit's Best Contact Solutions for Daily Lens Wearers

Targeting daily contact lens users, this book presents the most popular solutions recommended on Reddit for everyday convenience and eye comfort. It assesses cleaning power, storage options, and user satisfaction. The book also includes a comparison chart to help readers make quick decisions.

6. *Contact Lens Solution Myths and Facts: Insights from Reddit*

This book debunks common myths about contact lens solutions using evidence and firsthand accounts shared on Reddit. It clarifies misconceptions about solution ingredients, usage frequency, and compatibility with different lens types. Readers gain a clearer understanding of effective lens care.

7. *Reddit's Guide to Budget-Friendly Contact Lens Solutions*

For those seeking affordable yet reliable contact lens solutions, this book highlights budget options favored by Reddit users. It balances cost with quality, providing tips on maximizing solution lifespan and avoiding waste. The guide also discusses when it's worth investing in premium products.

8. *Natural and Organic Contact Solutions: Reddit User Experiences*

This book explores the niche of natural and organic contact lens solutions as discussed on Reddit, catering to eco-conscious wearers. It reviews ingredient lists, effectiveness, and potential sensitivities. Readers interested in alternative lens care methods will find personal stories and product recommendations.

9. *Travel-Friendly Contact Lens Solutions: Reddit's Top Advice*

Ideal for frequent travelers, this book offers practical advice on selecting and transporting contact lens solutions based on Reddit user experiences. It addresses TSA regulations, solution shelf life, and compact packaging. The book ensures lens wearers maintain hygiene and comfort on the go.

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organizational environment. By the end, you'll have the knowledge and tools necessary to improve your organization's cybersecurity posture and navigate the rapidly changing threat landscape. What you will learn Adapt to the evolving threat landscape by staying up to date with emerging trends Identify and assess vulnerabilities and weaknesses within your organization's enterprise network and cloud environment Discover metrics to measure the effectiveness of security controls Explore key elements of a successful cybersecurity strategy, including risk management, digital forensics, incident response, and security awareness programs Get acquainted with various threat intelligence sharing platforms and frameworks Who this book is for This book is for security professionals and decision makers tasked with evaluating and selecting cybersecurity solutions to protect their organization from evolving threats. While a foundational understanding of cybersecurity is beneficial, it's not a prerequisite.

best contact solution reddit: The Bottom-of-Funnel SEO + LLM Cost Hacker's Guide İsmail Günaydın, 2025-07-26 Turn every click into revenue—and slash AI content costs like a pro. The Bottom-of-Funnel SEO + LLM Cost Hacker's Guide is your tactical manual for mastering AI-powered SEO and dominating conversion-focused content. Designed for marketers, growth hackers, and founders, this book shows you how to capture ready-to-buy search traffic and scale content ops using the smartest Large Language Model (LLM) hacks. In a digital world where everyone's focused on top-of-funnel fluff, this guide goes deep—right where money changes hands. What you'll unlock: Advanced bottom-funnel SEO strategies that convert traffic into transactions How to structure and scale programmatic SEO with AI precision Real-world playbooks for slashing LLM content costs while improving quality Prompt engineering secrets for ecommerce, SaaS, B2B, and affiliate content AI-powered workflows for briefs, outlines, CTAs, and persuasive copywriting Conversion-first optimization, schema, and internal linking architecture Built for the next wave of content-led growth, this book is part SEO crash course, part AI cost-optimizer, and 100% no-fluff. Maximize output. Minimize spend. Monetize smarter. Whether you're a content strategist, a solo founder, or an SEO consultant—this is the competitive edge you've been looking for.

best contact solution reddit: *Learning Technology for Education Challenges* Lorna Uden, Dario Liberona, 2024-05-21 This book constitutes the refereed proceedings of the 12th International Conference on Learning Technology for Education Challenges, LTEC 2024, held in Kaohsiung, Taiwan, during July 29–August 1, 2024. The 26 full papers included in this book were carefully reviewed and selected from 51 submissions. They were organized in topical sections as follows: serious games and virtual learning environments; learning practices and methodologies; learning technologies; learning processes and culture; e-learning and performance, and artificial intelligence and learning.

best contact solution reddit: **Modern Monopolies** Alex Moazed, Nicholas L. Johnson, 2016-05-31 In *Modern Monopolies*, Alex Moazed and Nicholas L. Johnson tell the definitive story of what has changed, what it means for businesses today, and how managers, entrepreneurs, and business owners can adapt and thrive in this new era. What do Google, Snapchat, Tinder, Amazon, and Uber have in common, besides soaring market share? They're platforms - a new business model that has quietly become the only game in town, creating vast fortunes for its founders while dominating everyone's daily life. A platform, by definition, creates value by facilitating an exchange between two or more interdependent groups. So, rather than making things, they simply connect people. The Internet today is awash in platforms - Facebook is responsible for nearly 25 percent of total Web visits, and the Google platform crash in 2013 took about 40 percent of Internet traffic with it. Representing the ten most trafficked sites in the U.S., platforms are also prominent over the globe; in China, they hold the top eight spots in web traffic rankings. The advent of mobile computing and its ubiquitous connectivity have forever altered how we interact with each other, melding the digital and physical worlds and blurring distinctions between offline and online. These platform giants are expanding their influence from the digital world to the whole economy. Yet, few people truly grasp the radical structural shifts of the last ten years.

best contact solution reddit: No Filter Sarah Frier, 2020-04-14 Winner of the 2020 Financial

Times and McKinsey Business Book of the Year Award * Named “Best Book of the Year” by Fortune, The Financial Times, The Economist, Inc. Magazine, and NPR In this “sequel to *The Social Network*” (The New York Times), award-winning reporter Sarah Frier reveals the never-before-told story of how Instagram became the most culturally defining app of the decade. “The most enrapturing book about Silicon Valley drama since *Hatching Twitter*” (Fortune), *No Filter* “pairs phenomenal in-depth reporting with explosive storytelling that gets to the heart of how Instagram has shaped our lives, whether you use the app or not” (The New York Times). In 2010, Kevin Systrom and Mike Krieger released a photo-sharing app called Instagram, with one simple but irresistible feature: it would make anything you captured look more beautiful. The cofounders cultivated a community of photographers and artisans around the app, and it quickly went mainstream. In less than two years, it caught Facebook’s attention: Mark Zuckerberg bought the company for a historic \$1 billion when Instagram had only thirteen employees. That might have been the end of a classic success story. But the cofounders stayed on, trying to maintain Instagram’s beauty, brand, and cachet, considering their app a separate company within the social networking giant. They urged their employees to make changes only when necessary, resisting Facebook’s grow-at-all-costs philosophy in favor of a strategy that highlighted creativity and celebrity. Just as Instagram was about to reach a billion users, Facebook’s CEO Mark Zuckerberg—once supportive of the founders’ autonomy—began to feel threatened by Instagram’s success. Frier draws on unprecedented access—from the founders of Instagram, as well as employees, executives, and competitors; Anna Wintour of Vogue; Kris Jenner of the Kardashian-Jenner empire; and a plethora of influencers worldwide—to show how Instagram has fundamentally changed the way we show, eat, travel, and communicate, all while fighting to preserve the values which contributed to the company’s success. “Deeply reported and beautifully written” (Nick Bilton, *Vanity Fair*), *No Filter* examines how Instagram’s dominance acts as a lens into our society today, highlighting our fraught relationship with technology, our desire for perfection, and the battle within tech for its most valuable commodity: our attention.

best contact solution reddit: *Proceedings of International Conference on Trends in Computational and Cognitive Engineering* M. Shamim Kaiser, Anirban Bandyopadhyay, Mufti Mahmud, Kanad Ray, 2020-12-16 This book presents various computational and cognitive modeling approaches in the areas of health, education, finance, environment, engineering, commerce, and industry. It is a collection of selected conference papers presented at the International Conference on Trends in Computational and Cognitive Engineering (TCCE 2020). It shares cutting-edge insights and ideas from mathematicians, engineers, scientists, and researchers and discusses fresh perspectives on problem solving in a range of research areas.

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best contact solution reddit: *The Context Marketing Revolution* Mathew Sweezey, 2020-03-24 In a world of limitless media noise, how can businesses break through to customers? Context. We are in the midst of a massive media revolution. For the first time in history, ordinary people around the world have the ability to create, distribute, and consume content instantly, from anywhere, using connected devices. The massive increase in media noise created by these consumers and devices

creates an entirely new situation that makes conventional marketing models obsolete. And yet countless companies and marketing organizations continue to rely on traditional models, assuming that their campaigns will sway customers. They couldn't be more wrong. In this provocative and practical book, Salesforce marketing maven Mathew Sweezey boldly outlines this new infinite media environment and poses a profound question: In a transformed world where customers shape their own experience, what is the key to breaking through and motivating them to buy? It is context--the close linkage between an individual's immediate desires and the experiences a brand creates to fulfill them. Drawing on new research and new insights into current consumer psychology, Sweezey defines the five key elements of context. Customer experiences must be: Available: Helping people achieve the value they seek in the moment Permissioned: Giving people what they've asked for, on their terms Personal: Going beyond how personal it is to how personally you can deliver it Authentic: Combining voice, empathy, and brand congruence simultaneously Purposeful: Creating a deeper connection to the brand, beyond the product Sweezey uses vivid examples to highlight a new marketing model used by high-performing brands big and small. The final part of the book shifts to execution, providing a new rule book for context-based marketing. The Context Marketing Revolution will change forever how you think about the purpose and practice of marketing.

best contact solution reddit: Advances in Automation, Signal Processing, Instrumentation, and Control Venkata Lakshmi Narayana Komanapalli, N. Sivakumaran, Santoshkumar Hampannavar, 2021-03-04 This book presents the select proceedings of the International Conference on Automation, Signal Processing, Instrumentation and Control (i-CASIC) 2020. The book mainly focuses on emerging technologies in electrical systems, IoT-based instrumentation, advanced industrial automation, and advanced image and signal processing. It also includes studies on the analysis, design and implementation of instrumentation systems, and high-accuracy and energy-efficient controllers. The contents of this book will be useful for beginners, researchers as well as professionals interested in instrumentation and control, and other allied fields.

best contact solution reddit: Chasing the Thrill Daniel Barbarisi, 2022-05-24 "Daniel Barbarisi plunges into an adventure from another era when he goes in search of buried treasure, guided only by a cryptic poem, a mischievous art collector, and the footsteps another pursuer who died on the quest... Every page draws you deeper into this no-man's-land where fortune—or tragedy—awaits." —Christopher McDougall, author of *Born to Run* When Forrest Fenn was given a fatal cancer diagnosis, he came up with a bold plan: He would hide a chest full of jewels and gold in the wilderness, and publish a poem that would serve as a map leading to the treasure's secret location. But he didn't die, and after hiding the treasure in 2010, Fenn instead presided over a decade-long gold rush that saw many thousands of treasure hunters scrambling across the Rocky Mountains in pursuit of his fortune. Daniel Barbarisi first learned of Fenn's hunt in 2017, when a friend became consumed with decoding the poem and convinced Barbarisi, a reporter, to document his search. What began as an attempt to capture the inner workings of Fenn's hunt quickly turned into a personal quest that led Barbarisi down a reckless and potentially dangerous path, one that found him embroiled in searcher conspiracies and matching wits with Fenn himself. Over the course of four chaotic years, several searchers would die, endless controversies would erupt, and one hunter would ultimately find the chest. But the mystery didn't end there. Full of intrigue, danger, and break-neck action, *Chasing the Thrill* is a riveting tale of desire, obsession, and unbridled adventure.

best contact solution reddit: Artificial Intelligence and Sustainable Computing Manjaree Pandit, M. K. Gaur, Sandeep Kumar, 2023-09-23 This book presents high-quality research papers presented at 4th International Conference on Sustainable and Innovative Solutions for Current Challenges in Engineering and Technology (ICSISCET 2022) held at Madhav Institute of Technology & Science (MITS), Gwalior, India, from November 19 to 20, 2022. The book extensively covers recent research in artificial intelligence (AI) that knit together nature-inspired algorithms, evolutionary computing, fuzzy systems, computational intelligence, machine learning, deep learning,

etc., which is very useful while dealing with real problems due to their model-free structure, learning ability, and flexible approach. These techniques mimic human thinking and decision-making abilities to produce systems that are intelligent, efficient, cost-effective, and fast. The book provides a friendly and informative treatment of the topics which makes this book an ideal reference for both beginners and experienced researchers.

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your status, but by “onlyness”—that spot in the world only you stand in, a function of your distinct history and experiences, visions and hopes. If you build upon your signature ingredient of purpose and connect with those who are equally passionate, you have a lever by which to move the world. This new ability is already within your grasp, but to command it, you need to know how to meaningfully mobilize others around your ideas. Through inspirational and instructive stories, Merchant reveals proven strategies to unleash the centrifugal force of a new idea, no matter how weird or wild it may seem. Imagine how much better the world could be if every idea could have its shot, not just the ones that come from expected people and places. Which long-intractable problems would we solve, what new levels of creativity would be unlocked, and who might innovate a breakthrough that could benefit ourselves, our communities, and especially our economy. This limitless potential of onlyness has already been recognized by Thinkers 50, the Oscars of management, which cited it one of the five ideas that will shape business for next twenty years. Why do some individuals make scalable impact with their ideas, regardless of their power or status? The Power of Onlyness unravels this mystery for the first time so that anyone can make a dent. Even you.

best contact solution reddit: The Art of SEO Eric Enge, Stephan Spencer, Jessie Stricchiola, 2015-08-17 Three acknowledged experts in search engine optimization share guidelines and innovative techniques that will help you plan and execute a comprehensive SEO strategy. Complete with an array of effective tactics from basic to advanced, this third edition prepares digital marketers for 2016 with updates on SEO tools and new search engine optimization methods that have reshaped the SEO landscape Novices will receive a thorough SEO education, while experienced SEO practitioners get an extensive reference to support ongoing engagements. Comprehend SEO’s many intricacies and complexities Explore the underlying theory and inner workings of search engines Understand the role of social media, user data, and links Discover tools to track results and measure success Examine the effects of Google’s Panda and Penguin algorithms Consider opportunities in mobile, local, and vertical SEO Build a competent SEO team with defined roles Glimpse the future of search and the SEO industry Visit the book website (<http://www.artofseobook.com>) for FAQs and to post your own burning questions. You’ll have access to special offers and discounts on various SEO tools and services. You can also get exclusive access to instructional videos related to the concepts in the book by sending an email to bonuses@artofseobook.com.

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authors are chemistry instructors and researchers from nine countries, contributing an international perspective on digital learning and teaching in chemistry. While the chapters in this book span a wide variety of topics, as a whole, they focus on using technology and digital platforms as a method for supporting inclusive and meaningful learning. The best practices and recommendations shared by the authors are highly relevant for modern chemistry education, as teaching and learning through digital methods is likely to persist. Furthermore, teaching chemistry digitally has the potential to bring greater equity to the field of chemistry education in terms of who has access to quality learning, and this book will contribute to that goal. This book will be essential reading for those working in chemical education and teaching. Yehudit Judy Dori is internationally recognised, formerly Dean of the Faculty of Education of Science and Technology at the Technion Israel Institute of Technology and won the 2020 NARST Distinguished Contributions to Science Education through Research Award-DCRA for her exceptional research contributions. Courtney Ngai and Gabriela Szeinberg are passionate researchers and practitioners in the education field. Courtney Ngai is the Associate Director of the Office of Undergraduate Research and Artistry at Colorado State University. Gabriela Szeinberg serves as Assistant Dean and Academic Coordinator for the College of Arts and Sciences at Washington University in St. Louis.

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