

ALEXIS VIVIEN

CLASS OF 2021

STUDENT PROFILE

Hometown: Concord, NC

Undergraduate Major: B.S. Public Health

Career Aspirations: Dentist

Professional School: Tufts University School of Dental Medicine

What's been your favorite part of the journey to apply to professional schools?

My favorite part of the journey has been meeting and connecting with fellow classmates and friends also applying to professional schools. I also loved interacting with students who had already been through the process, therefore granting me so many mentors and useful guidance.

What were some of the challenges you came across when preparing to apply to schools (what was tougher than you expected)?

Some of the challenges I came across was my time management skills and procrastination. I was always told when applying and preparing it is always better to start early. In the beginning of my preparation, this was not the case. I let my procrastination get the best of me and started to feel like I was scrambling at some points. I had to tell myself that my future was too important to let procrastination get in the way. The best thing you can do for yourself when applying to a professional school is start early and do whatever you can to better prepare yourself, so you know you put the most maximum effort in.

How did you prepare yourself for the process of applying to schools?

I prepared myself by joining organizations on campus that were geared towards the profession of my choice, which is dentistry. Organizations allowed me to be surrounded by like-minded individuals all with a common goal in mind. They also were great ways to network and gain an abundance of knowledge regarding the field of dental medicine.

Looking back, what advice would you give to students who are interested in professional schools? What do you wish you had known earlier?

Start research and preparation early! If you have any questions about anything, do not be afraid to ask! This is your future, be instrumental in how you want it to play out.

What services or organizations would you recommend pre-professional students utilize?

Find an organization on campus that is geared towards your chosen profession. Example: Dental-USNDA (Undergraduate Students National Dental Association). If you are struggling or need any extra help with heavier science courses, use your resources at the Pirate Academic Success Center for extra tutoring.

What organizations were you involved in as an undergraduate student?

USNDA, ECU Ambassadors, Her+ Public Health, Geared Up ECU, Pre-Dental Honors Society, Collegiate 100

What type of shadowing did you do?

I shadowed in my hometown of Concord North Carolina and surrounding areas. I shadowed a vast majority of specialties ranging from general, pediatrics, oral surgery, and orthodontics. Be sure to attend NC MOM clinics if you are interested in dental school.

What type of volunteering did you do?

I volunteered often while in the different organizations I was a part of on campus. I did my best in giving back to underserved populations within the Greenville community. I volunteered at local elementary schools, boys & girls club, highway clean ups, give kids a smile, NC MOM clinics, working sporting events, giving back to the special needs population, etc.

I currently volunteer in Jacksonville, Florida under the National Health Corps where I serve as the dental eligibility coordinator at Sulzbacher Dental Clinic. Through this program I advocate and promote healthy oral health and hygiene to underserved populations and communities. To find about more about the program and its different positions, follow this link- <https://www.nationalhealthcorps.org/>. Great for pre-professional students taking a gap year!

Did you do research? If so what was the topic?

N/A

What was your most rewarding experience at ECU?

It's hard to just pinpoint one rewarding experience throughout my time at ECU. Throughout my four years of attending, I was able to meet so many fantastic people who contributed to my acceptance into dental school. Through joining organizations and being active on campus, I was given the most rewarding four years of college I could have ever imagined.

Any other advice, recommendations, suggestions, or comments?

Be active on campus and join organizations that interest you! Also make sure to volunteer and get hands on especially within the certain career field you are interested in. Prepare yourself early! Do not be afraid to ask questions or for help if needed!