



BENJAMIN COIL

CLASS OF 2023

STUDENT PROFILE

Hometown: Youngsville, NC

Undergraduate Major: Public Health Pre-Health Professions Concentration, Biology Minor

Career Aspirations: Physician Assistant

Professional School: ECU Physician Assistant Master's Degree Program

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

My favorite part of the application process was being able to look back on all my accomplishments and see how much I have grown and come to achieve.

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

It was my goal to have everything done as early as possible. I had all my references lined up and had begun brainstorming for essays well before the application opened.

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

I would encourage others to start the application process as early as possible. Check out the previous year's application cycle to see what the process will look like. Are you sure to keep notes about your healthcare experiences so that you can reflect on them throughout the application process. I would also say to make as many connections as you can and to utilize all the resources that are available to you.

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

I worked closely with and received a lot of support from the pre-professional advising center and the career services center here at ECU. I also utilize the writing center when I was working on my essays.

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

Something that was hard for me was writing my personal statement where I had to figure out how to articulate my characteristics, achievements, and motivations in a limited amount of space.

What organizations were you involved in as an undergraduate student?

I am currently the vice president of the Pre-PA club at ECU, I am a member of the AED Honors Society, I have served on the Honors College Student Council, and I have been a Resident Advisor on campus for the past two years.

What type of shadowing did you do?

I did about 20 hours of shadowing with a PA in an outpatient clinic. I applied to PA school with approximately 1200 hours of patient care experience, which I gained working as a CNA at a skilled nursing facility and at ECU Health Medical Center.

What type of volunteering did you do?

I really enjoyed volunteering with the Food Bank of Eastern North Carolina and with the Greenville Community Shelter Clinic

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

I did not do any research during my undergraduate career.

What was your most rewarding experience at ECU?

My most rewarding experience at ECU has been being a resident advisor on campus where I've been able to provide mentorship to others and watch individuals grow as people and professionals.

Any other advice, recommendations, suggestions, or comments?

I would encourage others to develop as many connections and relationships with individuals and organizations at ECU as possible. You never know who is going to be able to help you along your journey and provide you with an invaluable resource. Relationships will last throughout your lifetime and could benefit you far into the future. Never take them for granted.