



BINA AMIN

CLASS OF 2019

STUDENT PROFILE

Hometown: Charlotte, NC

Undergraduate Major: Biology and Hispanic Studies

Career Aspiration: Physician (Emergency Medicine, Dermatology, or Sports Medicine)

Professional School: UNC School of Medicine (Chapel Hill)

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

Seeing my years of hard work finally pay off (finally getting interviews/acceptances after a long journey of applying)!

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

- a. Genetics-based Diabetes Research (sophomore and junior year)- My colleagues and I reviewed scientific and ethnographic literature to construct a database of nutrient consumption for an African American and West African population.
- b. Pediatric Unified Research Enterprise (PURE) at the Brody School of Medicine (senior year and during my gap years)- There, I examined NSCH data/clinical trials and published a paper that explored the correlations between insured children/families and the prevalence of diabetes.

What type of volunteering did you do?

- a. Americorps Service Year with MedServe during my first gap year
- b. Access East - Took vitals and translated for Spanish speaking migrant workers in Wilson through the Brody School of Medicine
- c. Tutored at a nearby middle school through the Residential Scholars program
- d. Drew Steele Center
- e. MacGregor Downs Health and Rehabilitation Center

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

Apply when you're ready! Don't rush into it because you want to fit an unrealistic timeline. Take the time that you need and you will get in.

What type of shadowing did you do?

- a. I worked as a medical scribe at Nash General Emergency Department in Rocky Mount, NC. This was paid, but it was my best shadowing experience.
- b. ECU's Primary Care Shadowing Program (5 week program which helped me explore 5 different specialties)

What was your most rewarding experience at ECU?

Studying Abroad- This was one of the hardest but most rewarding experiences of my life. I was able to learn how to live alone in a new country, learn Ecuadorian culture through school, my host family, and traveling. I had taken many Spanish classes before, but going abroad helped me immerse myself in the language and really made me fluent. Upon returning to ECU after studying abroad, I was motivated to pick up a second major in Hispanic Studies because I loved learning the language while abroad. I met with an advisor, took 9 Spanish classes senior year and was able to graduate with both a major in Hispanic Studies and Biology

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

- a. Know what classes you need to take as pre-requirements before you find out when it's too late. This was not a problem for me, but some of my friends applying to PA and med school faced this problem and had to delay applying to grad school because they had to take a few more classes.
- b. Plan out when to take the MCAT early through your college years so that way you don't rush it and it is built into your plan (plan when you want to take it during your freshman or sophomore year). I did not do this, but wish I did!
- c. Met with my advisor.

What organizations were you involved in as an undergraduate student?

- a. ECU Club Soccer - member
- b. ECU Raas Club - Captain
- c. Undergraduate Assistant for Anatomy and Physiology course
- d. Adopt a Grandparent (CLCE office) - Service Learning Assistant (SLA)
- e. Elite Pirates - vice president
- f. Stand-up for Survivors - vice president
- g. Honors College - student
- h. Residential Scholars - scholar, Volunteer Committee Head
- i. Interfaith Pirates Better Together - vice president

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

Studying for and taking the MCAT. It took me a while to figure out how to study in a way that worked for me. If you aren't someone who loves to read, don't read. If you learn better from videos, use videos. There is no formula to taking the MCAT other than figuring out what works for you! Videos for content and UWorld practice questions were my best friends.

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

- a. AMSA/MAPS - I did not go to many meetings, but I know lots of pre-med and pre-dental students that got a lot out of these.
- b. Brody Ambassador Mentorship Program (BAMP) - You will be assigned a student mentor from the Brody School of Medicine. Helpful for any questions you have along the way.
- c. Career Center - always helps with practice interviews!
- d. PPAC - always helps with practice interviews and will be essential for committee letters

Any other advice, recommendations, suggestions, or comments?

- a. Create your own story and your own journey. As hard as it may be, don't compare yourselves to others. You are exactly where you need to be right now and everything happens for a reason! Your time will come when it's meant to be.
- b. Most importantly, don't stop believing in yourself. You CAN do it!! Find good friends and a strong support system (mentors) that you can rely on when you need them. They can get you on track when you're losing sight of your dreams and can help you when you begin to doubt yourself.