



# DANA SHEFET

CLASS OF 2021

## STUDENT PROFILE

**Hometown: Cary, NC**

**Undergraduate Major: Public Health**

**Undergraduate Minor: Mathematics, Nutrition, Composite Natural Science**

**Career Aspiration: Family Medicine Physician**

**Professional School: Brody School of Medicine**

Recipient of The Brody Scholarship

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

Every experience during my undergraduate years has helped solidify my desire to pursue a career in medicine. From my coursework to my clinical experiences, it is rewarding to know I chose the right career path for me.

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

I have been an undergraduate researcher in the Food-based Early Education (FEEEd) Lab since my freshman year. I conducted research within Head Start, a federally funded preschool program for low-income children and their families. My research explored the experiences of HS Health and Nutrition Managers around communicating BMI information to families about their children's weight status. I am currently working on disseminating my research findings of communicating weight status to the NC Head Start community in a formal written technical report and best practices guide.

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

Utilize the Career Services center! They are wonderful for interview preparation, reviewing your resume before applying to internships and making you aware of opportunities available. In general, there are SO many avenues of support throughout ECU that are readily available to make the application process easier.

### What type of shadowing did you do?

Primary Care Physician Shadowing Program through PPAC, Internist in Ashe County, NC  
Family Medicine Specialist in Edgecombe County, NC, Oncologist in Wake County, NC

### **What type of volunteering did you do?**

A majority of my volunteering was done at the Vidant Cancer Center as a Lay Navigator. Additionally, I volunteered with retirement communities through PHACT, the Greenville Community Shelter Clinic, and as a nutrition instructor at Head Start.

### **What was your most rewarding experience at ECU?**

I was able to spend a semester abroad in London, where I interned for the British Heart Foundation, the second largest non-profit in the UK. This experience allowed me to gain insight and work in a healthcare setting vastly different than the United States. Studying abroad was by far the highlight of my college experience- I would recommend it to anyone!

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

I highly encourage all students to create a generalized 4-year plan at the beginning of their undergrad career. This will allow students to have an idea of how to space out their prerequisite classes for medical school. Remember that these classes are not only needed before matriculating but should all ideally be taken before taking the MCAT. Making a schedule will allow you to see when is the best time to take the MCAT and to ensure you are not backloading important classes.

### **What organizations were you involved in as an undergraduate student?**

I was an active member of Hillel, Phi Kappa Phi, Honors College Student Council and EC Scholars Roundtable.

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

During my years in undergrad, I was involved with American Medical Students Association and Alpha Epsilon Delta, a pre-health professional honor society. Additionally, I was involved with People Helping the Aging Community Thrive (PHACT), an organization that allowed me to serve the elderly community of Eastern NC.

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

The application cycle for medical school starts over a year before you matriculate. I began my AMCAS application in May 2020 although I will begin school in August 2021. Realizing that everything for your application must be done before beginning senior year, including taking the MCAT, is crucial to ensure that your application is submitted early enough in the process.

### **Any other advice, recommendations, suggestions, or comments?**

Utilize the PPAC, your professors and upperclassmen! There is tons of support available at ECU from people who want you to succeed and who have gone through the process before. This ranges from reviewing personal statements to interview preparation to connecting you with internship and research opportunities. Reach out and make the connections to help make your journey as successful and enjoyable as possible.