



# HANNA LONG

CLASS OF 2020

## STUDENT PROFILE

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**Hometown:** Sylva, NC

**Undergraduate Major:** Biochemistry and Chemistry

**Career Aspiration:** Physician

**Professional School:** Brody School of Medicine

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

My journey has been enriched by the experiences I have had during shadowing. There have been countless patients and physicians that have reminded me why I have chosen this path through their dedication and serving attitudes.

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

While I knew that the applications would have to be processed and reviewed, waiting for a response seemed to drag out. I spent so much time preparing personal statements, writing essays, entering in all the information that I forgot the longest part was yet to come – waiting for a response! I was so used to automatic, or quick, results and replies now that it was humbling to take a step back and take the time to analyze why I was going.

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

Do the research! I dedicated hours during the summer between my sophomore and junior year to get an idea of what the next two years would require for the application process. I was in the Brody's Summer Biomedical Research Program at that time and had professors and students as a resource. It allowed me to get an idea of what was to be expected during the process so there were no surprises.

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

Pre-Professional Advising Center – they give information that is vital to the process and give you the tools to help you succeed!

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

Pirates Promoting Community Wellness (PPCW)  
American Medical Student Association (AMSA)  
The Honors College  
Pirate Academic Success Center Crew

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

Plan ahead! Going into medical school is not a spur decision; it takes thoughtful planning years in advance. Look at schools that have like-minded mission statements and map out their requirements. With that in mind, set yourself upon a course that will give you the experiences necessary (coursework, shadowing, extracurricular activities, etc) so that you are sure it is what you want to do. Also, familiarizing yourself with the application process and its timeline is important.

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

Primary care, surgery, emergency medicine, cardiology  
Greenville Community Shelter Clinic  
Pitt County Community Clinic  
Pirates Promoting Community Wellness Medical Mission Trip  
Primary Care Physician Shadowing Program

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

As a member of Pirates Promoting Community Wellness, I participated in their annual medical mission trip to Honduras. Furthermore, we helped the Greenville community by hosting breakfasts at the Community Crossroads Center and supporting local businesses.

## **Where are you going to school?**

Brody School of Medicine at East Carolina University

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

Yes! I performed research in a computational chemistry lab to understand the properties of compounds and how they relate to biochemical processes. Additionally, I worked in a physiology lab that focused on mitochondrial function in the bladder.

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

Serving the people of Honduras. After visiting the country two years in a row and helping almost 400 patients, there is still more to be done. However, during our time there we served several local communities and met people with amazing stories. We became apart of the community despite language barriers. I would go back in a heartbeat.

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

Don't be afraid to go around and ask questions. Other students are on the same, or similar, path. Plus, some students have already paved the way. You are not alone in this process because it is not designed to be done alone.