



MIA FERRY

CLASS OF 2022

STUDENT PROFILE

Hometown: Pinehurst, NC

Undergraduate Major: Public Health with a minor in natural composite science

Career Aspirations: Physician

Professional School: Wake Forest School of Medicine

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

Each semester, I used a spreadsheet to keep track of the approximate hours for activities I was involved in. During my senior year, I made a list of people to ask for a strong recommendation from and chose a handful of people to look over my personal statement. I also purchased an MSAR subscription to easily track schools that would be best for me to apply to.

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

Looking back, my biggest advice would be to focus on one step at a time. The process is so daunting when you try to look ahead at everything you have to accomplish. When you focus in on the things you can work on in the present, you suddenly look back and realize you're that much closer to the end goal.

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

The PPAC is a wonderful tool to use throughout your application process. Meet with them early on and be consistent in reading through the opportunities they send out. Look into the Brody mentorship program or a similar program in your field. Current med students were one of the best sources for advice and support throughout the application process.

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

The actual application process was a lot more intensive than I realized. I thought after I gathered my letters or rec and wrote my personal statement it'd be easier from there. The process of putting everything into AMCAS is very involved. The importance of activity descriptions is also very understated. Once finished with those things, you start receiving dozens of secondary essays from all these schools within a few weeks of each other, all expecting a response in a week or two. It takes a ton of reflection and time management to manage all of this.

What organizations were you involved in as an undergraduate student?

The PPAC is a wonderful tool to use throughout your application process. Meet with them early on and be consistent in reading through the opportunities they send out. Look into the Brody mentorship program or a similar program in your field. Current med students were one of the best sources for advice and support throughout the application process.

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

My favorite part of preparing for medical school has been the relationships it has allowed me to build. Applying has constantly forced me to step outside my comfort zone and push myself to explore what I'm passionate about. I've found so much support in faculty, medical students, doctors, and fellow pre-meds.

What type of shadowing did you do?

I participated in the Primary Care Physician Shadowing program hosted by the PPAC where I got to see pediatrics, emergency medicine, general surgery, and more. I also shadowed some of my local cardiologists.

What type of volunteering did you do?

I volunteered as a health coach for the FreshStart program where I helped uninsured diabetic patients manage their nutrition and fitness goals.

I was a patient transporter through Vidant's volunteer program.

I started a chapter of Project Sunshine, which focused on creating fun outlets for pediatric patients and their families.

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

I was part of the Ellis Lab in the East Carolina Diabetes and Obesity institute where we studied the role of fatty acid metabolism in the muscle and neurological functioning in mice models.

I also did a clinical research internship with the department of pediatrics with the Brody SOM.

Here I worked on several clinical studies looking at childhood pneumonia vaccines, hemophilia treatments, and social needs in pediatric clinics.

What was your most rewarding experience at ECU?

My most rewarding experience was my work as a Resident Advisor. It shaped so much of my college experience and allowed me to feel such a sense of community through my job.

Any other advice, recommendations, suggestions, or comments?

Step outside of your comfort zone! Be proactive about looking for opportunities that truly interest you. Always reflect on how everything you spend time in brings you back to your "why medicine"