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

I really enjoyed getting to shadow in different fields and experience different patient-physician interactions. This was the first time I saw an environment that I could imagine myself working in.

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

Yes, in the department of Microbiology/Immunology working on the complex retrovirus, HTLV-1.

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

Clinical experience is essential! I decided late to apply to medical school and wish I would have decided and learned about the process sooner. Clinical experience (getting some kind of certification and working with patients) is essential to not only realize what the medical field is really like, but also to figure out exactly why you want to be in it, and in the role of a physician.

What type of shadowing did you do?

- Internal medicine, plastic surgery, pediatric hematology/oncology

What type of volunteering did you do?

Vidant Hospital, patient escort, ED, and cancer infusion; trained at Brody free clinic but shut down due to COVID; Musical empowerment- teaching music lessons; Lunch preparation for school children during COVID