



OLIVIA MCBRIDE

CLASS OF 2021

STUDENT PROFILE

Hometown: Granite Falls, NC

Undergraduate Major: B.S. Nutrition Science, B.S. Cell Molecular Biology, Minor in Psychology

Career Aspirations: Physician

Professional School: University of Pikeville - Kentucky College of Osteopathic Medicine

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

Save up some money, a little bit here and there will go a long way for an expensive process.

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

If you're anything like me, it's inevitable that you're going to fail. It's a hard truth. I have failed classes, taken the MCAT three times, and I didn't always have the best GPA. Have faith in yourself and your abilities to get there one day, because you will. Find a passion and do things outside of school that will make you happy and enjoy life.

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

One thing I wished I had realized sooner was that our professors want to help and to see their students succeed, in their classroom and outside their classroom. Create relationships with your professors and ask for help, they will help.

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

Preparing and taking to MCAT and the application process itself. It's a lot to go through while trying to graduate. I was not accepted into school in my first cycle, and I wanted to give up many times. Everyone around me helped me get through some dark times.

What organizations were you involved in as an undergraduate student?

N/A

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

The support of everyone including friends, family, and ECU's staff.

What type of shadowing did you do?

I worked with an osteopathic physician in family medicine and shadowed many surgeons during an internship in the Operating Room.

What type of volunteering did you do?

I volunteered at Vidant in the Radiation Oncology Clinic, in a research lab at the Department of Biology working with marine life, and for the Healthy Eating and Lifestyle Education for Diabetic Patients (HEALED) at the NC Department of Agriculture Cherry Research Farm.

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

Working with Dr. Lauren Sastre in the Department of Nutrition Science, I received the Undergraduate Research and Creativity Award. I was able to work on various nutrition/human health projects including the Farm to Clinic Initiative, Project Lift Off, and HEALED. From working with underserved rural patients to data analysis to weeding farmland, there are so many opportunities to help our community.

What was your most rewarding experience at ECU?

Working with the community and building everlasting friendships during the process. Our society can make us feel isolated and alone at times, but there are people there to help, you just have to go out and find them.

Any other advice, recommendations, suggestions, or comments?

N/A