



ALEX FISHER

CLASS OF 2025

STUDENT PROFILE

Hometown: Hickory, NC

Undergraduate Major: Biochemistry

Career Aspirations: Naval Physician

Professional School: University of North Carolina School of Medicine

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

My favorite part of applying to schools was taking time to look back on each step of the process and appreciating the hard work that I did in undergrad to get me to the point of the application process.

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

For me, the most challenging thing was never feeling satisfied with the essays I wrote for my application. There are a pretty significant number of essays that you have to write for the medical school application process, and I never felt like they were "good enough," even though I spent hours on each of them. Overcoming that perfectionist mentality was rather challenging, but necessary to complete the application.

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

In order to prepare for applying, I did lots of research on each school I was applying to and began to look at previous applications to start the process of drafting essays and tailoring my application towards the mission of each school. I also spent a significant amount of time reflecting on the last 4 years of my life and writing down anything significant that happened (even if it was not related to medical school) so that I could use it in my application.

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

My biggest piece of advice is to be prepared early for the application, do your research, but DO NOT try to make your application "perfect." You should instead, let your uniqueness shine and show off the hard work and accomplishments that you have made throughout undergrad. The more time you spend on your application does not always equate to a better outcome. Sometimes it is best to give yourself grace and relax!

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

While I would be careful with forums, reddit, and youtube, I personally found these resources to be helpful to just get a "general idea" on a subject about applying to school. There are plenty of people on these resources that have been through the process and have good advice to offer. However, I would never take one opinion on one topic on these resources, instead use them as a guide towards helping you accomplish a larger goal.

What organizations were you involved in as an undergraduate student?

I was involved in Campus EMS and several Honors College leadership roles.

What type of shadowing did you do?

I shadowed about 9 different physicians, each in a different specialty/area of the state of North Carolina. This gave me a good idea of different paths that I could take in medicine along with different patient population

What type of volunteering did you do?

I volunteered through teaching CPR trainings through the Compress and Shock Foundation. I also worked some time at a local soup kitchen back home during the summers.

How did you gain clinical experience?

Clinical experience is really what I believe made my application standout. I worked close to 3500 hours of EMS over the 4 years as well as starting the Campus EMS program at ECU. This really gave me a lot to talk about on my application.

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

I was in two separate research labs throughout undergrad. One was a lab focusing on spermatogenesis, while the second was a organic chemistry lab focusing on synthesizing biologically significant compounds.

What was your most rewarding experience at ECU?

The most rewarding experience was getting to create the first Campus EMS program at ECU. I was able to lay the foundation for a program that will continue to help other pre-professional students gain valuable clinical experience over time.

Any other advice, recommendations, suggestions, or comments?

My biggest recommendation is to find something that makes you unique. You need to realize that every pre-med, pre-dental, pre-law, etc. student is a very strong candidate. You all have impressive resumes and have all shadowed, volunteered, research, etc. Your application should show those things, but your essays and interviews should be more than that. Your essays and interviews should show the "human" side of you. What do you do for fun? How do you enjoy yourself outside of school? Do you have a special talent?