



**ANGELA COVARRUBIAS RUBIO**  
CLASS OF 2022

## **S T U D E N T   P R O F I L E**

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**Hometown: Raleigh, NC**  
**Career Aspirations: Physician Assistant**  
**Professional School: ECU Physician Assistant Program**  
**Undergraduate Major: Public Health**

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

Lifelong learning. I enjoyed (and continue to enjoy) constantly learning in different settings, that be in the classroom, while engaging in extracurricular activities, while gaining clinical experience as a medical scribe, volunteering locally and globally, and shadowing. Through shadowing, I enjoyed learning about different specialties. Shadowing virtually allowed me to shadow in specialties I probably would not have had the opportunity to do in person - such as HIV medicine, nephrology, and neonatal medicine.

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

During my junior year, I searched for PA programs I was interested in and noted the program requirements. However, since my freshman year, I became involved in extracurricular organizations - volunteering, shadowing, and holding positions in those organizations. During my junior year, I obtained a position as a medical scribe to gain clinical experience - so I had a solid foundation already when first looking at PA program requirements. However, I believe it would be beneficial to look at requirements even before I did. I also recommend writing reflections about experiences after you have completed them so that you have that when it is time to apply. Unfortunately, I did not do this the first time around and it was difficult to piece all of the things I was involved in using old agendas! This kept me from applying earlier than I would have wanted.

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

1. Pre-Professional Advising Center (PPAC)
2. Pirate Academic Success Center (PASC)
3. Pre-PA Clinic
4. PA Platform
5. Hearts for Health

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

I suggest future applicants search for potential programs they are interested in ahead of time and note individual program requirements to complete them in a timely matter. I suggest future applicants write reflections about their experiences that they can refer to when the time to apply to programs comes.

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

Look at program requirements ahead of time so that you are aware of what needs to be completed to be considered. Certain PA program prerequisite courses have prerequisite course requirements you must complete before you can take the course. This can become a barrier if courses are not already built into your major and you want to graduate in 4 years. Also apply early! This is a huge advantage as programs will likely continue to review your application more often than those that apply later.

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

ECU Ambassadors, ECU Pirates Promoting Community Wellness, ECU Pre-Surgical Society, ECU Pre-PA Club, Eta Sigma Gamma

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

ECU's Primary Care Physician Shadowing Program, [virtualshadowing.com](http://virtualshadowing.com)

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

As an ECU Ambassador, I served the community through events such as Admitted Students Day, campus tours and football games in which I welcomed prospective students, athletes, and their families, and campus clean-ups. Locally, as a PPCW volunteers every last Friday of the month at our local Community Crossroads Shelter by preparing and serving approximately 30 or more breakfasts for shelter residents.

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

I have not completed any formal research. Given the opportunity in the future, I would be interested in researching addiction, obesity, dementia, and the increasing prevalence of chronic diseases, mental health disorders, and developmental delays in children.

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

Out of all of the rewarding experiences at ECU, I think the most rewarding was being able to participate in Pirate Promoting Community Wellness' annual medical mission trip to Taulabé, Honduras twice, first during winter break in 2019 as a member of the global team. Subsequently, in 2022, when Covid restrictions remained active, we were able to get permission from the university to travel to Honduras and I led the global team to Taulabé, Honduras. It was the first time PPCW was able to go on the mission trip since we went in 2019, before the Covid-19 pandemic. During the clinics, given I am bilingual, I collected patient history and directed patients to doctors while working with team members by translating and helping communicate for patients in 2019 and 2022.

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

Stay true to yourself, follow your heart, and never give up! Your future patients and their families are waiting for you!