



BEN JUHL

CLASS OF 2024

STUDENT PROFILE

Hometown: Waxhaw, NC

Career Aspirations: Physician

Professional School: UNC School of Medicine

Undergraduate Major: Biology

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

I enjoyed the interview process. Meeting other applicants and hearing their stories of reaching that point of the cycle was an incredible encouragement and a testament to everything we had endured previously.

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

I devoted the summer before my junior year primarily to studying for and taking the MCAT and then the summer before my senior year to submitting my primary and secondary applications. While this limited my ability to acquire other experiences (work, research, etc.) during these summers, I am glad that I respected the intensity that the MCAT and applications required.

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

University Writing Center, Center for Communication Excellence, and Pre-Professional Advising Center

What type of shadowing did you do?

I shadowed in primary care, cardiology, and interventional radiology prior to submitting my medical school application. Though, I stopped shadowing as frequently once I began working as a medical scribe my junior year as I found scribing to be a similar yet superior experience to shadowing.

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

Secondary essays were a step that I significantly underestimated. With each school's application ranging from two to possibly greater than ten questions, it was a challenge to get all of them completed in a timely manner. Start pre-writing secondaries for your top schools once your primary application is completed!

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

Start writing your essays as soon as possible. Starting to develop an outline of your personal statement in your early years of undergrad can help you stay organized as you continue to accumulate experiences you may want to write about. Challenge yourself to know thoroughly "why do you want to be a physician?"

What organizations were you involved in as an undergraduate student?

Railcare Health, Fresh Start Program, Compress and Shock Foundation, UNC REX Healthcare, ECU Honors College Ambassadors, ISEP Exchange.

What type of volunteering did you do?

Railcare Health and Compress and Shock Foundations were two organizations that allowed me to accumulate the majority of my volunteering hours. With these organizations, I was also fortunate to gain leadership experience that I believe significantly strengthened my application.

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

I worked as an undergraduate research assistant and completed my signature honors project in Dr. Virag's lab within the Physiology department at Brody. Additionally, I completed Dr. Hughes' Organic Chemistry II Biocatalysis CURE lab and Dr. Goodwillie's Ecology CURE lab.

What was your most rewarding experience at ECU?

Working with Railcare Health was definitely the most rewarding experience I had as an undergrad. I am incredibly fortunate to have had the opportunity to lead the Greenville branch and watch as we have grown from our first prototyped ideas in 2021 to a fully functioning clinic in 2024. As it has been such a formative experience for me, I am very excited for the next generation of students to step into leadership roles and build upon what we have accomplished.

Any other advice, recommendations, suggestions, or comments?

If you want to study abroad but are worried you will not be able to fit it into your schedule, go talk to global affairs! While Railcare was my most rewarding experience, my exchange semester in Switzerland was a very close second and I am incredibly grateful to have had such good advising from PPAC and global affairs to help make my semester abroad possible.

If you have any other questions, I would be happy to chat all things med-school admissions: benjuhl1@gmail.com. Good luck and Go Pirates!