

I am currently an undergraduate student at Clemson University and I will graduate in December 2023. I am studying Language and International Health with an emphasis in French and I also have a minor in Biological Sciences. Additionally, I will graduate with General Honors from the Clemson Honors College in December 2023. After graduation, I will spend the spring semester in Lyon, France to continue to learn and study French to improve my French language skills. In July of 2024, I will begin medical school at VCOM-Carolinas in Spartanburg, South Carolina.

Over my three and a half years at Clemson, I have been active in a variety of organizations including the Undergraduate Pediatric Society and Clemson Engineers for Developing Communities (CEDC). These organizations allowed for me to use my skills of organization, flexibility, resilience, and empathy as well as being able to improve on these skills.

I was the Vice President of Community Relations of the Undergraduate Pediatric Society over the 2022-2023 school year. In this position, I researched networking and shadowing opportunities and I coordinated with potential Undergraduate Pediatric Society speakers to come speak to the society. In this role, I was able to use my skills of organization and flexibility to be able to host events and meetings. There were many times throughout my time in this role where I had to change a meeting time or date to work best with the schedules of our speakers as well as the society members. This experience allowed me to use my skills of organization and flexibility to my advantage in order to accomplish my goals. In addition, I would need to use these skills to plan out the semester with the rest of the club in order for the members to know what was upcoming.

I began CEDC in the fall of 2022 as my internship component of my degree and for the fall 2022 and the spring 2023 semesters, I was a group member of Aquaculture. My role was with directing communications between our partners in Haiti and the team in Clemson. In the fall semester of 2023, I was offered the role of Project Manager of the Aquaculture-Business Implementation group. My experiences in CEDC fostered the most personal and professional growth in my undergraduate career and attributed the most to my resilience. The first time I presented with my group in front of the class, I could not remember what I was supposed to say during our presentation and fortunately my groupmates were able to jump in and continue on with the information. The next semester, I was determined to do better and the next time, I was able to present well and I even took on another presentation with my group at the Haiti

Symposium in Greenville, South Carolina. Although I was embarrassed and nervous to present again after that experience, I rose to the occasion and continue to improve my presentation skills.

I will continue to use these strengths well into my future career as a physician, as I feel that these qualities are essential to being a physician. I will use my strengths of resiliency to my advantage when I am in medical school and when I am a physician. It is imperative to learn from challenges so that growth can take place. I firmly believe that pushing the boundaries of my comfort zone will allow me to learn and grow. New experiences, information, and patients will test my knowledge, and force me to adapt and grow to meet those needs. I realize that not every patient will take a one size fits all approach and it will be my job to determine the best path forward to meet each patient's unique needs. I realize there will be challenges along the way, but it will be those challenges that shape my thought processes and encourage me to mature into the best physician possible. I will demonstrate empathy in a variety of ways as both a medical school as well as a physician. An important part of being empathetic is good listening, which allows patients to feel understood and validates their concerns and fears as they progress through the continuum of care. It also fosters an environment for open dialogue between provider and patient, and enhances trust in the provider, ultimately leading to optimal outcomes. The clinical arena will allow me to demonstrate empathy to those that may be uncomfortable as they navigate unfamiliar and stressful situations. It will be those patients that most need a little empathy, dignity, and a gentle human connection.

From my experiences as a student at Clemson University has fostered both academic and personal growth and has shaped me into the person I am today. My active participation in both Undergraduate Pediatric Society and CEDC allowed me to use my strengths of organization, flexibility, resilience, and empathy and to be able to build upon those strengths. These strengths will not just help me in my undergraduate career, but also as a future medical student and a future physician.