

Medical School Personal Statement

My journey into medicine began in my junior year of high school when I volunteered during the summer program at the local hospital. Watching medical shows on television or in movies is nothing compared to real life. Volunteering at UVA Prince William County Hospital - Manassas for two years allowed me to learn and grow in a medical environment. As an Emergency department volunteer and trainer, I liaised with the clinical team, patients, and families to meet their needs. Also, I assisted with the discharge process by turning over patient rooms to ensure an efficient patient flow. I had the opportunity to train numerous new volunteers for us in the Emergency department, which has helped alleviate staff stress. Becoming a teen mentor who helped supervise our Summer Teen Program participants, all of whom were my peers. In this leadership position, I assisted with hospital orientation and managed the day-to-day operations of the 6-week program. Helped train our new teen volunteers in Surgical Services, Guest Services, Registration, and the Emergency Department.

Shadowing doctors further taught me active listening skills and compassion when interacting with patients. These experiences further enhanced my desire to become a doctor. I have shadowed at UVA Hospital in Prince William County as an orthopedics and obstetrician-gynecologist. While shadowing Dr. Dehal, I saw a well-women's exam and heard the doctor educate the patient on its importance. Watching the doctor perform a cesarean section and witness the joys of birth also. This moment was pivotal; it was not fake. This was a real baby and family. Seeing the doctor played a part in bringing families together, and then seeing the family completely ignore the doctor because the baby arrived was priceless. The doctor explained the importance of caring for both patients, especially during labor and delivery. Medicine is such an integral part of our communities that I hope to have the opportunity to educate my patients about their health.

In addition to my clinical experiences, my academic path has equipped me with the skills and resilience needed for a medical career. As a Biomedical Sciences student, I immersed myself in my coursework while working toward my EMT license. While shadowing EMTs and paramedics during a 12-hour shift, I saw meaningful examples of how doctors and medical professionals are essential to the communities. On one of the runs, we had a patient who was overdosing on narcotics but was unsuccessful due to his pacemaker. He explained that it felt like he was getting repeatedly shocked, so we took him to the hospital for further observation by a doctor. As EMTs, we listened to the patients empathetically to calm the patient while being transported to the hospital.

My experience working directly with patients has taught me how heavy the doctor's responsibility is for patients. Patients don't always know the answer and look towards the doctor for guidance and to provide options to the patient. These experiences have cemented my desire to work in my community by becoming a doctor, specifically an OB/GYN. I want to teach and encourage my peers to live a healthier life. I want to make an impact in my community and be a voice for people who don't have the opportunity or resources to have their voices heard.