Growing up, I always had a dream of working in the medical field and helping patients within the hospital. When I got older, my dream continued to grow, especially when my mother became a Physician Assistant. To this day, every time she comes home from work, she shares her personal experiences on what occurred at her job and how much she loves her job. I have been very fortunate to shadow her at her job and through these shadowing opportunities, I have become more fascinated with the way she has been able to comfort her patients and to treat them with such care and affection. As a result of these various experiences, I have become more devoted into becoming a doctor in the future. Once I became a senior in high school, I knew that I would have to choose a major that would fit well with my future dream job. After a lot of consideration, I decided to pursue a major in Biomedical Sciences with a Public Health minor to help make my dream of becoming a Physician come true.

Since I have started my undergraduate degree at Old Dominion University, I have had a personal interest in joining clubs that spark my interests. First and foremost, I have joined ODU’s Pre-Health Club where they have given me information, recommendations, and opportunities on how I can become a great candidate for medical school. Using some of their suggestions, I have started shadowing at Sentara Princess Anne and Sentara Leigh’s Emergency Hospitals. While shadowing, I was able to observe how intense the ER is and how Physicians, Physician Assistants, and Nurses treat patients to ensure that they are healthy. While they are treating these patients, they are able to adhere to protocols in a consistent manner and are willing to collaborate together to treat patients efficiently. This, in turn, allows the patients and their respective families to feel relief and hope. Being involved with how the medical staff treats patients in the Emergency Room has made me realize how complex the protocols are, the roles each staff member has to execute, and how teamwork is necessary to make the ER a much more stable environment. Furthermore, I decided to join Club Softball and Club Ultimate Frisbee, not only for my personal interests, but also to develop my leadership and collaboration skills. As of now, I am an e-board member for Club Softball, and I am currently working on becoming an e-board member for the Pre-health Club. In the near future, I am considering taking classes in the summer to become a volunteer for EMT in Virginia Beach so I can experience direct-patient care and get even more involved within the medical field.

All in all, my journey toward becoming a physician has been deeply rooted in a childhood dream with the help of my mother. The compassion and care she brought to her patients has made my dedication even stronger to pursue a career in the medical field. Choosing a Biomedical Major with a Public Health minor in college gives me a huge opportunity towards making my dream job come true. With the help of the Pre-health club, I was able to gain knowledge on how to become a successful candidate for medical school. Furthermore, the experience I have with shadowing at emergency hospitals has provided valuable insights regarding the flow of the medical field and the collaborative skills needed to excel. Joining other clubs has also allowed me to pursue my very own personal interests while building up my collaboration and leadership skills. As I continue to pursue my academic and extra-curriculars here at Old Dominion University, I hope to find new experiences and interests to help dedicate my passions and dreams of going into medical school and becoming a physician.