**MEANINGFUL EXPERIENCE(S)**  
In this section you have the opportunity to highlight any work experience, community service, volunteer activities, extracurricular activities, awards, honors, or publications that you would like to bring to the attention of the Admissions Committee.

**HEALTHCARE EXPERIENCE**(PHYSICIAN SHADOWING, EMPLOYMENT, VOLUNTEER)  **Please list the type of experience, organization name, dates you were involved and total hours along with a description of the experience.**

Shadowed/Scribed for 2 Emergency Medicine Doctors at Florida Hospital Kissimmee/Emergency Medical Scribe Services: Dr. Scott and Dr. Mitchell, 50 hours (01/2011-03/2011) – followed closely and charted for Emergency Rooms physicians in multiple capacities including codes, procedures and patient interviews. Also observed imaging alongside physicians where I charted the results.

Shadowed Internal Medicine Doctor at Broward Health North: Dr. Hanna, 8 hours (03/2016) – rounded on patients in the cardiac unit, observed consultations, order input and dictating.

Registered and Certified Pharmacy Technician at CVS Pharmacy, Target Pharmacy and Broward Health North: 6 years (12/10-4/16) – worked in retail and clinical settings, compounded IV’s including chemotherapy and pediatric doses. Assisted pharmacists with dosing and drug interactions, as well as assisted with informing patients on correct methods of administration and compounded oral medications

Senior Long Term Disability Analyst at the Hartford: 5 months (4/16-present) – medically manage and financially manage disability claims, which includes corresponding with nurses regarding medical record assessments and findings, as well as assisting in determining whether a claim is medically supported based on the function of the patient and findings of the physician.

Volunteer at MD Anderson Cancer Center, oncology: 35 hours (01/12-05/13) –helped chemotherapy patients to their rooms, gave out refreshments, blankets and hats made by local community groups.

Volunteer at Florida East Orlando, endoscopy and Emergency Room: 50 hours (03/11-07/11) – checked patients into the ER, compiled lab kits, passed out blankets, observed endoscopic procedures, wrapped Christmas presents for pediatrics department

**EXTRA-CURRICULAR ACTIVITIES In this section please list extracurricular and/or community activities in which you were involved in during or after college. List the type of experience, organization name, dates you were involved and total hours along with a description of the experience. List any leadership roles and/or accomplishments related to these activities.**

Debate team at the University of Central Florida (2011) 25+ hours – researched con side of 2010-2011 topic “The United States Federal Government should substantially increase the number of and/or substantially expand beneficiary eligibility for its visas for one or more of the following: employment-based immigrant visas, nonimmigrant temporary worker visas, family-based visas, human trafficking-based visas.”

Peer mentor (silver tier) at the University of Central Florida (2013) 15+ hours – “STEM”; mentored underclassmen on how to be successful at UCF, how to get involved and what to expect in STEM classes

Phi Theta Kappa at Broward College (2008) 30+ hours – participated in teambuilding workshops, mentor workshops and seminars, raised awareness for Haiti and participated in clothing drives

International Honor Society at Broward College (2008) 300+ hours – took honors classes, graduated with honors

**COMMUNITY AND/OR MILITARY SERVICE   
In this section please list extracurricular and/or community activities in which you were involved in during or after college. List the type of experience, organization name, dates you were involved and total hours along with a description of the experience. List any leadership roles and/or accomplishments related to these activities.**

Florida Hospital East Orlando: 8 hours (12/2011) – volunteered to wrapped presents for pediatrics department at Christmas time

University of Central Florida: 4 hours (10/2010) - volunteered with campaign to elect Kendrick Meek to senate in 2010

University of Central Florida (2013) John L. Mica Public Service Scholarship – received $1500 for qualifying for scholarship requirements along with letter of recommendation from epidemiology professor and essay written on career aspirations and involvement in public service. In my essay I described how my mother’s illness in 2010 propelled me into a field where I could give back to the public by becoming a community physician.

**RESEARCH AND/OR PUBLICATIONS   
In this section please list research activities and publications you were involved in during or after college. List the type of experience, organization name, dates you were involved and total hours along with a description of the experience.**

University of Central Florida: 100+ hours (7/2013 – 12/2013) Co-Author/Research on Palliative Care Education in US Medical Schools – worked alongside Dr. Sikorska, a sociology professor at UCF. Assisted in compiling and analyzing data for research; co-presented published research at National Gerontological Conference in New Orleans, LA. Discovered that not enough medical schools in the United States offer opportunities to specialize in palliative care medicine.

University of Central of Florida, Nano Science Center: 200+ hours (09/2012 – 12/2012) Student Volunteer Researcher –Worked under Andre Gesquiere Ph.D (Associate Professor, Nanoscience Technology Center & Department of Chemistry) with Ph.D candidate Mona Mathew and assisted in the creation of nanoparticles, preformed spectroscopy and emission procedures for nanoparticle samples and collected and interpreted data for Ph.D candidate’s doctoral experiment (topical forms of cancer medication)

University of Central Florida, Student Research Academy: 25+ hours (06/2012) SRA Scholar – Attended research workshop, worked directly with faculty and student mentors, prepared literature review about research topic, critiqued research presentations at annual research fair.

**LETTERS OF RECOMMENDATION**When using a committee letter or recommendation from your schools pre-health professions advisory committee, please provide the name of the committee chair person and the name of the institution that will provide the committee letter in support of your application for admission.

If your college or university does not have a pre-health professions advisory committee, please list the names of two persons who will provide letters of evaluation/recommendation in support of your application for admission. One of these persons must be an instructor or professor who has taught you. The second letter should be from a physician, if possible.

Dr. Sam Jean, family physician – finished

Dr. Sikorska, sociology professor – have to meet up with her and then write the letter

**PERSONAL STATEMENT   
In 300-1500 words please provide your personal statement.  Utilize this as an opportunity to distinguish yourself from other applicants. You may want to include challenges or hardships that have impacted your educational pursuits.  Other considerations such as motivations for entering the medical field and why you feel you will be an asset to the healthcare profession may be included.**

The marble book ends weighed heavy in my carry-on as I made my way to the car for a summer visit to Boston, Massachusetts. It’s a running joke in my family that whenever I travel, I have to remember to take my 5 pound, horse-shaped, marble bookends. Admittedly, I regretted my decision to take them as soon as I realized that much to my convincing, albeit slightly annoying pleas, my mother was not going to hold my carry-on for me.

So there I was at the tender age of nine, begrudgingly lugging 10 extra pounds down the terminal onto the plane. This memory would not be the last in my life where I can freely admit, I should have erred on side of caution instead of causing myself unnecessary grief. However, I didn’t realize that this slightly stubborn resolve would be the stronghold to drive me into a space where I would achieve things that had yet to be achieved in my family, such as attending and graduating from college.

I do not consider my academic career to be a conventional one. It is marred with doubt, distractions and even sometimes fear. I allowed myself to believe that because I was not born into an environment that fostered education and promoted higher learning, that I was somehow going against the grain, or dare I say, against fate. I was worried of how my dreams and goals might inconvenience my family, monetarily and otherwise. It has taken me years to realize that my capabilities are my own to develop and not contingent on whether my parents, or even grandparents graduated from college. Allowing myself to believe that I could not only achieve but persevere past my hardships, was a hard fought lesson to learn.

Now you may be asking yourself, how does this all relate to a career in medicine? In my limited experience I’ve found that the most successful people are those that have persevered and persisted no matter the obstacles. When I began college I knew that I wanted to work in a field where I could achieve things bigger than myself. Once I started on this trajectory, it was without a doubt laced with some of the most challenging hurdles. I struggled along the way but kept my eye on the prize because as I began to immerse myself in the field, I was confronted with the realization that I’d stumbled upon a sense of purpose. Shadowing in the ER and cardiac unit as well as working in the hospital as a pharmacy technician, exposed me to what some might say is cliché in terms of wanting to be a doctor, still it never ceased to amaze me how the healing facilities of one human being can have such a profound, positive influence on another.

It became increasingly apparent to me that becoming a doctor would not only help to express my innate ability to heal and care for others, but it would reward me with an overwhelming feeling of pride and accomplishment. While working the overnight shift as a pharmacy technician in the OR, I witnessed some truly horrific things. I watched victims of drunk driving accidents fight to save their lives and patients with heart problems in need of life saving intervention. The physicians always remained steadfast in their skill and confidence to administer the proper techniques in order to save the ailing life. I always found their calm composure to be their most uniquely heroic trait. The steady hand of doctor to suture a busted chin or splint a tibia fracture in my opinion is an invaluable strength.

But it wasn’t just the technical, skill-orientated facet of medicine or the compassion

that lured me to the field, it was the knowledge that I was acquiring in the midst of my studies. If I had to admit one thing that enticed me more than medicine, I would have to say it is the acquiring of knowledge. I was given the opportunity to explore this by participating in research alongside a PhD candidate at the Nano Science Center in Central Florida. I was able to assist in the creation of Nano particles whose characteristics would be studied and possibly implemented in cancer research for a potential foundational basis of topical cancer medication.

Additionally, I worked alongside my medical sociology professor Dr. Sikorska and co-authored a study that investigated the presence or lack thereof, of palliative care education in U.S. medical schools. Not only was I able to present our findings at a conference in New Orleans, Louisiana, I was able to observe the scientific process up close. As it pertains to the research itself, of the 41 schools surveyed, 37 (26%) had an organization unit devoted to palliative care. This small fact speaks volumes to the needs within our medical community. The caring of the terminally ill is an important responsibility for any physician and the research I was able to conduct has given me discerning perspective that I will safeguard through my career in the medical field.

Whether it was working alongside the emergency medicine doctors in the ER and witnessing firsthand how they brought someone back from the brink of death, or even watching a surgeon at 4am in the OR save someone’s leg from a horrific car accident. It was these court side seats that gave me the courage to keep trying day in and day out and whenever the burden became too heavy to bare, I thought back to that girl, who against vehement pleas of her parents still decided

that the beautifully carved, beige marble bookends were an essential carry-on item but more importantly, I thought back to the fact that my perseverance and dedication are unyielding.

You may be asking yourself, why horse-shaped marble book ends? Well, to be quite frank I am not really sure why. I only know that I loved them because they held up my books on my book case. My books were precious to me and since I couldn’t take them, I opted for the book ends.

The innate resiliency I have fostered and grown has allowed me accomplish feats that I did not think were possible. To paint a picture

I to In fact, I like to look at the path I’ve chosen in life as a constant defiance of fate. I carefully pay attention to the successes and failures of my family members. I observe their strengths and weakness and carefully construct what I believe is a type of resiliency only found I have been successful at many things and

Bringing the bookends against everyone’s good advice is the first memory I have of being resilient and this resilieny has been the guiding light to all my successes. The resiliency that will lead me to become a successful physician.

Resiliency figures, quote about its not about

Till this day I can’t explain, even to myself what possessed me to lug around 10 extra pounds of something I didn’t even end up using. My rationale at the time was that I wanted to study outside and out of fear that my papers might blow away, decided to stow them in my carryon. To put it lightly, I regretted it as soon as I realized my mom refused to carry my bag at the airport, in spite of my persistent begging. I think back at it today and

I recognize that my application as a whole is not ideal in terms of test scores and grade point average. However, I am even more aware of the fact that despite all of that I am more than willing to keep pushing and striving to become a physician.

Harper Library, situated at the center of the main quadrangle at the University of Chicago, resembles a converted abbey, with its vaulted ceilings and arched windows. The library was completed in 1912, before Enrico Fermi built the world’s first nuclear reactor, before Milton Friedman devised the permanent income hypothesis, and well before Barack Obama taught Constitutional Law. Generations of scholars have pored over Adam Smith and Karl Marx in the main reading room, penned world-class treatises at the long wooden tables, and worn their coats indoors against the drafts in the spacious Gothic hall. Abiding over all of these scholars, and over me when I was among them, is an inscription under the library’s west window that has served as my guiding intellectual principle: “Read not to believe or contradict, but to weigh and consider.”

Per this inscription, which is an abridgement of a passage by Sir Francis Bacon, we readers ought to approach knowledge as a means of enhancing our judgment and not as fodder for proclamations or discord. The generations of scholars poring over Marx, for example, should seek to observe his theories of economic determinism in the world, not immediately begin to foment a riot in the drafty reading room at Harper. The reader may contend, though, that too much weighing and considering could lead to inertia, or worse, to a total lack of conviction. The Harper inscription, however, does not tell its readers to believe in nothing, nor does it instruct them never to contradict a false claim. Instead it prescribes a way to read. The inscription warns us to use knowledge not as a rhetorical weapon, but as a tool for making balanced and informed decisions.

On the cruelest days in February during my undergraduate years, when I asked myself why I had not chosen to pursue my studies someplace warmer, I would head to Harper, find a seat from which I would have a clear view of the inscription, and say to myself: “That is why.” On such a day in February, seated at a long Harper table with my coat still buttoned all the way up, I discovered how much I appreciated Carl Schmitt’s clarity and argumentation. I marveled at the way hisConcept of the Political progressed incrementally, beginning at the most fundamental, linguistic level. As an anthropology student, I wrongfully assumed that, because Schmitt was often positioned in a neo-conservative tradition, I could not acknowledge him. That day in February, I took the Bacon inscription to heart, modeled its discipline, and was able to transcend that academic tribalism. I added the kernel of The Concept of the Political, Schmitt’s “friend-enemy” dichotomy, to an ever-growing array of images and ideas that I had accumulated, among them Marx’s alienation, C. S. Peirce’s indexicality, and Pierre Bourdieu’s graphical depiction of social space. This patchwork of theories and descriptive models, when weighed and considered, informs my understanding of new ideas I encounter.

The academic dons who decided to place the Bacon quote under the western window intended that the idea would transcend the scholastic realm of its readers. Indeed, in my work as a financial analyst for a publicly traded company, it is often a professional touchstone. Though each day in the world of corporate finance is punctuated with deadlines and requests for instantaneous information, I am at my best as an analyst when I consider all of the data thoroughly and weigh the competing agendas. Like emulsified oil and vinegar that separate over time when left undisturbed, the right answer will emerge from among all of the wrong answers when I take the time to consider all of the possibilities. An extra hour spent analyzing an income statement can reveal even more trends than could a cursory glance. Moreover, the more I weigh and consider when I have the opportunity, the more I enhance the judgment I will need to make quick decisions and pronouncements when I do not have time.With inner vision sharpened by years of consideration, I am able to “see into the life of things,” as Wordsworth described in writing of “Tintern Abbey.”

Wordsworth’s memory of the abbey provided him much-needed transcendence in moments of loneliness or boredom. The memory of the inscription under the west window at Harper—“Read not to believe or contradict, but to weigh and consider”—has a similar function. For Wordsworth, Tintern alleviated emotional anguish; for me, the Bacon inscription reaffirms a sense of intellectual purpose. The words under the window, their meaning, and the very curvature of the letters in the stone are fixed in my mind and will continue to be as I enter the life of the law. What intrigues me most about legal education is the opportunity to engage simultaneously in the two complementary processes the Harper inscription inspires in me—building a foundation of theories and descriptive models while enhancing my judgment with practice and patience.

It matters less about the date I start and more about feeling prepared and starting on the right foot, I will redo my schedule to reflect this new 12 week plan of weight loss and then after I will do my transformation workouts. My goal is to be at 170 by the end of 2016.

Regardless of overlap, keep goal

Weight as of Nov 2: 190.8 (be at 188 by end of this week)

9 weeks till end of the year, 3 weeks will be left on lee lebrada 12 week plan

9 week weight loss Lee: 20lbs (2.2 lbs per week)

Jan 4 weigh in: 170

15 week transformation Lee and Jaime: 33 lbs ( 2.2 pounds per week)

April 19 weigh in: 137

6 week high intensity transformation Jim: 12 lbs (2 lbs per week)

May 31 weigh in: 125 (no matter where I am in the world I will achieve this goal, regardless of medical school)

Bills

Oct 31

Electric toothbrush 120

The 1975 tickets- Mom

1321

November (start paying rent and john will start paying credit cards - $1500 each month to pay them off )

Nov 15

Rent 650

Car 276

Tidal 13

Insurance 200

Nelnet 105

Gas 20

Groceries 50

Capital one 25 (385.69 left)

Gym 30

1369

Nov 30

Rent 650

Christmas presents 100

Loan 190

Cell phone 101

Netflix 10

Gas 40

Groceries 50

Capital one 35+

1176

\*\*be day current by the 27th\*\*

\*\*\*Going hourly\*\*\*

Dec 15

Rent 650

Christmas presents 150 (credit card)

Car 276

Tidal 13

Insurance 200

Nelnet 105

Gym 30

1274

??? Don't know what check will be

Dec 31

Rent 650

Christmas presents 150 (pay off credit card)

Loan 190

Cell phone 101

Netflix 10

Gas 40

Groceries 50

Capital one minimum 25

1216

Jan 15

Rent 650

Car 276

Tidal 13

Insurance 200

Capital one 25

Tax classes 150 (will use credit card if necessary and then pay it off) JOHN

Wicked tickets ?? JOHN

Gas 40

Groceries 50

1229

Jan 31

Tax classes 150 (will use credit card if necessary and then pay it off) JOHN

Rent 650

Capital one 25

Loan 190

Cell phone 101

Netflix 10

Gas 40

Groceries 100

1116

\*\*John Amex under $1000\*\*

\*\*Put tax returns towards savings\*\*

Feb

\*\*Amex paid off, start paying in capital one, should take 3 months, then start paying chase slate (has 15 months at 0 APR\*\*

March

\*\*put bonus towards savings\*\*

April

^\*will hopefully be last paycheck\*\*

Savings for couch (150 a paycheck) February

Bikes (120 a paycheck) March

Wicked tickets (January) dr philips center

Harry Potter play ??? At some point

**Redo car bag!**

Gloves

Bag

Cable ties

Multi function tool

Flashlight

Jumper cables

Seat cutter

Duct tape

WD40

Reflective triangle

Life hammer

Socket and screwdriver set

Tire pressure gauge

Pliers

Gas can

Siphon pump

Swiss Army knife

First aid kit

Paper towels

Bungee cord

Small fire extinguisher

Hand sanitizer

Seat covers

Wash seats

Wash and vacuum car

Email dr Sikorska my resume, writing sample, essay of what I learned from research and abstract for research paper

Wash hair

Sports bras

lip scrub

High lights?

Laundry

Do my schedules

Email people for Saba

Buy pippy food

November 2 is the day because it goes against my OCD, start lee labrada over and lose it app from scratch

Buy new foundation and mascara

1975 tickets - Mom present

When I think back to first days at UCF, I am flooded with memories of excitement and apprehension. I would spend my time before classes jotting down my goals for the semester and worked diligently to check them off my list. Research landed on my list in 2012 when I found myself curious of watching the scientific process up close. First I worked in the Nano Science Center at UCF undan=rner

prepared and starting on the right foot, I will redo my schedule to reflect this new 12 week plan of weight loss and then after I will do my transformation workouts. My goal is to be at 170 by the end of 2016.

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Gas 40

Groceries 50

Capital one minimum 25

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Wicked tickets ?? JOHN

Gas 40

Groceries 50

1229

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