Reflecting on my experiences shadowing healthcare professionals, I've learned a lot about what it means to care for patients and work in the medical field. Even though my ultimate career goal is to pursue mechanical engineering. I'm grateful for the opportunities that these shadowing experiences have provided me. In the radiology department with Dr. Hoffmann, I saw how careful and skilled the team was during procedures. They were serious about their work, but also very knowledgeable and helpful. At the family practice with Wallie Martinez-Vega, I saw how important it is to be kind and efficient when treating patients. Wallie was really caring and made sure to help his patients feel better as quickly as possible. In the administrative role with Luis Puentes, I learned about the behind-the-scenes work that goes into running a hospital. It was interesting to see how everyone worked together to make sure patients got the best care possible. My mentors, like Dr. Hoffmann and Wallie Martinez-Vega, showed me what it means to be a good healthcare professional. They were patient and always willing to teach me new things. One important thing I've learned from these experiences is that healthcare is about more than just treating illnesses. It's also about being compassionate and working together as a team to help patients feel better. Even though my career path is leading me towards mechanical engineering, these shadowing experiences have provided me with valuable lessons and skills that I can apply in any field. I'm excited to keep learning and growing, both in healthcare and in my pursuit of mechanical engineering.