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I aspire to become a physician because of my interests in medical problem-solving and diagnosis, empowering others through educating them, and enhancing patients' quality of life. Academically, I am particularly interested in neuroscience and French; exploring how interactions among the brain's regions play out in our physical health across cultures fascinates me. My ideal career would allow me to accomplish my goals of being a lifelong learner, making an observable difference in the lives of others, collaborating with people from all walks of life, and serving as a trustworthy advocate for people facing obstacles. In particular, the specialties of neurology and PM&R (physical medicine and rehabilitation) appeal to my interest in brain health and my desire to develop long-term relationships with patients.

After my summer 2020 internship experience was cancelled due to COVID-19, I was fortunate enough to be granted the opportunity to participate in a virtual learning experience through the AnnieRuth Foundation and the First Coast Black Nurses Association. This virtual program confirmed my interest of becoming a healthcare provider, inspiring me to seek a broader understanding of medicine. I not only gained a wealth of knowledge and appreciation for the nursing field, but also a mentor, "Mr. Adam." Conversations with Mr. Adam, a nurse practitioner in my city, illuminated our shared passions for helping others become the best version of themselves through compassionate healthcare and patient education. As I explore careers and pursue higher education, the wisdom of mentors will continue to be invaluable in guiding my steps.

During the virtual nursing program, I worked with three peers on a project researching the medical and social aspects of preventing, diagnosing, and treating diabetes. This experience was challenging at first, but as we progressed, I learned to take advantage of my teammates' constructive feedback and to appreciate our diverse experiences, which allowed us to offer unique perspectives and present the information creatively.

During the summer of 2021, I had the opportunity to continue my internship experience, this time at Baptist hospital. While there, I shadowed Dr. Sauvageau. The experience was very educational and everyone in the clinic was very welcoming. I feel very fortunate to have been able to take part in this experience before further observation opportunities at Baptist were cancelled again due to Covid-19.

My experiences as an award recipient of the AnnieRuth Foundation's Summer Internship Program made me even the more eager to explore healthcare professions and specialties. I especially value the opportunities offered by the AnnieRuth Foundation which exposed me to areas I would likely not encounter in my own healthcare experience.