



Since I was young, I've always been interested in the body's mechanics and how it functions; so I desired to go into the medical field and help others in my community. Since then, I knew that I wanted to be in physical therapy. Through the AnnieRuth Foundation's summer internship program, I was placed with 3 different professionals and learned a lot about their career fields. The first professional I interned with was Dr. V. Brooks Dunbar. Dr. V is the CEO of the Center of Confidence which helps local women jumpstart their careers. In my second rotation, I shadowed Dr. Johnique Bennett, a family medicine doctor at Ascension Medical, and her practice (Affirm Direct Primary Care). My final

rotation was at Pareto Clinic with Dr. and Mrs. Lee, Pareto clinic is a local clinic that operates on the campus of Edward Waters University (Jacksonville, FL) whose mission is to help residents in underprivileged communities. All three of my rotations have helped me with my future by opening doors to new opportunities and have grown my interest in learning more about the medical field and my future, especially physical therapy.

During my internship rotations, I experienced many wonderful projects and learning opportunities. While interning with Dr. V., she helped me understand the way I learn to help me in my future with my senior year in high school and beyond. Also, while interning with Dr. V., I was able to make a couple of ads for her website where she sells office goods. This helped open my eyes and realize that while creating a business, in my case a Physical Therapy clinic, there is a lot of behind-the-scenes and computer work that must be done to help maintain the company and may keep me away from working on the floor and not being able to do what I do best. By shadowing Dr. Bennett, I have learned how to take vitals and the history behind hypertension and other medical diagnoses. While learning these essentials in the medical field I have understood the basics that others my age might not know which could help me head start my physical therapy career. During my final rotation at the Pareto clinic, I assisted with insurance calls and connected the Pareto clinic with different specialty doctors to help with future referrals. This opened my eyes to how much money medicine is and if you don't have the proper money or proper insurance you are not able to properly take care of yourself.

Although my internship started on a rocky start (e.g., scheduling conflicts), I have gratitude towards Miss Dee and The AnnieRuth Foundation. This Internship has opened my eyes to my future and what I need to do to prepare and help me have a head start on my future. Without this internship, I would have gone to college and my future with a blind eye but with this I am three steps ahead of where I need to be. This program has introduced my interest in things I would have never considered. From the monthly business seminars to the community leaders, I have been introduced to, I want to thank you for helping build my path to a successful future. Thank you very much!