



My aspiration going into the AnnieRuth Foundation's Summer Internship Program was to become a neurosurgeon. Throughout my full internship, I was first placed with Cardiologist, Dr. Trevor Greene. Though I was initially placed with Dr. Greene, I mainly helped Dr. Katy who's a pediatric assistant and a Primary Care doctor. This was because Dr. Greene was only available for a few days since he works in two separate hospitals. With Dr. Katy, I learned an enormous amount of knowledge about how the heart functions and what can affect it. She taught me how blood pressure is taken and what blood pressure levels are normal. I also learned how to deal with patients who aren't cooperative or don't listen to what the doctor wants. The next doctor I shadowed was gastroenterologist, Dr. Renard Rawls. Dr. Rawls explained topics in the GI tract and how they work. Shadowing him and remembering Dr. Katy, I realized that most of the patients constantly presented with the same problems. Such illnesses included GERD, which is Gastral esophageal reflux disease or hemorrhoids. My experience with Dr. Rawls helped me understand how significant it is to build a connection with your patient. The last doctor I shadowed was general surgeon, Dr. Kenneth Jones. With Dr. Jones, I learned a considerable amount of knowledge including how to plan out my college, med school, and residency careers. As a part of my internship experience, I also had an opportunity to visit Mayo Clinic's simulation center. This experience alone has opened a door for me to, one day, complete my residency at Mayo Clinic.

Each doctor helped me learn something considerable as I pursue the medical field. I learned from Dr. Katy that you need to genuinely love the field that you strive to go into. This is very important because if you lose that yearning for the field, it could put you into a worse situation when paying for college and med school. I learned from Dr. Rawls how important it is to create a bond with your patient. This is very significant because the patient might have a bias against what you recommend from them. He also taught me how important it is to talk to the patient with your best behavior. Dr. Jones taught me to strive to be the best in the field. He explained how influential this is towards the path to achieving your aspired future. He demonstrated how it won't only motivate your mind but also which hospital I would work at.

Throughout my internship, each doctor's knowledge was very important, but not as much as the knowledge I learned from each patient. With Dr. Rawls, a patient asked me where I was from and what I wanted to be. I told them that I was from St. Johns and before I could say what I wanted to be, they said to me, "Your mom and Dad must be a lawyer, Doctor, or something else expensive huh?" I laughed it off and said no but this experience taught me something important that I will never forget. Once I got home, I kept thinking about what she said. I then looked up some documentaries about life in Jacksonville, most of the only things that came up centered around kids in gangs and violence. I now

realize why a lot of kids are involved in gang violence. It's because they think that they can't achieve their aspirations because of where they live.

The experience helped me realize the importance of the AnnieRuth Foundation in our community. The summer internship program gives kids a chance to make connections with companies that specialize in wanted field of choice and build a bigger connection with the aspiration that they have. I am very thankful for the AnnieRuth Foundation. This experience has guided me to creating bonds with doctors who might help me have a job later in my future. This program helped guide my future success through helping me have a better example of what I will experience in the medical field. It also helped me prepare for my future by allowing me to make better connections with hospitals that I can join after my residency.