

Activities

Note: Thank you very much for your previous edits! I currently finished my big three activities and would love any input! Nonetheless, I'm slightly over the character limit for these three activities and would appreciate any suggestions for reducing the number of characters. I'm still working on the rest of my activities, but I had a quick question! Would Activities #4 and 5 count as clinical in your opinion? In Activity #6, what advice would you have in regards to writing about shadowing? Would writing about the types of patients that I met be okay?

1. X's Mentorship -- Co-Founder and Chief Executive Officer (1000+ hours)

During my freshman year, I was fortunate to meet a wonderful mentor who helped me with my pre-med journey. I was inspired to give back to my community and to help mentor students from under-resourced backgrounds (low socioeconomic status, first-generation student, LGBTQIA+, person of color, and additional circumstances). Therefore, my co-mentee and I decided to found an organization dedicated to these vulnerable students. Currently, I recruit, interview, and manage over 80 mentors and mentees. Our mentors are amazing medical students, physician scientist trainees, and undergraduates from a wide range of disciplines (medicine, investment banking, international relations, and entrepreneurship to name a few).

I was inspired by the wonderful mentorship relationships that I have had, so I focused on providing a high quality mentorship relationship and retention rate in our program. Therefore, I reach out to mentors and mentees to resolve any difficulties and help forge strong bonds: on average, mentees are in the program for 2 years and rated their mentors 9.2 out of 10. In addition, in 2020, all mentees in the first graduating high school class received acceptances from four-year universities and a total of \$1.2 million in financial aid packages during their four years. Furthermore, when requested, I personally connect any mentees in my program with my colleagues who attend a certain university or are in a specific career at universities. I also lead fellow executives who have strong backgrounds in nonprofit, consulting, marketing, public relations, and educational sectors to fulfill objectives and major projects. I hope to personally impact and bring my interdisciplinary skills to my peers and patients in my future medical school community.

2. X's Intervention Project -- Research Assistant (400 hours)

As a Filipino-American, I aspired to work on a project dedicated to helping members of my community who have relatively poor health outcomes for stroke and few literature resources. Therefore, I became a research assistant for Dr. X's qualitative research project dedicated to researching barriers affecting the Filipino-American community with regard to acute stroke care. Dr. X trained me in qualitative research methodologies, such as grounded theory method. He also

Commented [CH1]: Hey!

Hope all is well! I will add comments on your big three activities below!

Your question about activities 4 and 5 is a tough one, I can see where you might be uncertain about the classification. I will say that there is no right or wrong choice, since the classification is always a personal choice based on your experiences during the activity. From the bullet points here it seems like both activities are community health oriented, so I think as long as your narrative content in the activity matches what you classify it as, you should be in good shape whatever you decide.

For activity 6, be careful writing about patients since you don't want to include any information that members of the admissions committee might consider to be confidential or personal. It might be a safer option to focus more on what you learned from the experience as a student and future physician rather than making the essay patient focused.

Let me know if you have any further questions or need clarification!

Commented [CH2]: I think the first paragraph here could be condensed to a couple of introductory sentences. It would be more powerful to hear about your specific impact and the skills you gained right off the bat, so don't be afraid to jump right in! Furthermore, the information you put in parentheses about the wide range of disciplines can be deleted if you find you need to cut more characters after you edit. I think it would be good if you wrote more about your growth as a part of this experience, because, although this essay is concrete and clear, I feel like it's missing the personal aspect of your narrative that would really make you stand out. As a rule of thumb, although it might be difficult, try to make 2/3 of your essay have you as the main subject – not what you did but how you grew/developed skills/your future.

Commented [CH3]: The first part of paragraph 2 where you talk about the procedural aspects of what you did could possibly be shortened to bring the character count down. It would be fantastic if you could add a little more detail at the end for what you want to do in the future!

taught me the fundamentals of the research process from submitting an IRB, developing methods, applying to grants, and conducting literature review. I helped assess and recruit research participants over the phone and recruit an additional research assistant. During interviews, I assisted my PI by providing paperwork, answering questions from the research participants, and taking notes during focus group interviews. After collecting data, we analyzed transcriptions of multiple focus groups and personal interviews through grounded theory method to find major and minor themes. My co-research assistants and I helped my PI edit and write the poster, abstract, and manuscript. These themes were developed into an educational video that was viewed by over four million Filipino-American viewers on a major Filipino-American television network, ABS-CBN, and that was featured on Huffington Post. Being Filipino-American, I was amazed to see most of my relatives watch these videos and recite the FAST acronym in order to detect symptoms of stroke. With my training, I aspire to one day lead qualitative research projects and help improve health outcomes for my loved ones and many others.

3. Medical Center -- 84-120 hours, 09/2019-present

- a. My volunteer position focused on spending time with patients and assisting healthcare workers. I interacted with patients who are in serious or post-operational conditions in the cardiology and ICU units. I provided them company and talked about their general life as well as their medical conditions, if they preferred to speak about them. I also had a unique role of advocating for specific requests, such as pet visits, food from the cafeteria, religious services, and questions, to healthcare workers and the volunteer management.

I also assisted patients to ensure their stay is satisfactory. I provided them with cleaning utensils, food and drinks from the cafeteria (with permission from the nurse), hot packs, blankets, magazines, and gift shop items. Furthermore, I wrote thank you cards to patients who were recently discharged. This unique experience helped me build qualities like empathy, compassion, and listening skills while interacting with patients. I also enjoyed the strong relationships formed by patients and hope that I brought comfort to them during difficult times.

I also assisted healthcare workers by helping them with patient care, transportation, and hospitality. I helped manage communications and answered phone calls for them. I also brought and sanitized medical equipment, obtained items from the medical storage closet, updated shift boards, and helped patients with their daily walks. During each shift, I also stocked medical cabinets near patient rooms from the medical storage closet in order to ensure healthcare workers have enough supplies to take care of their patients. It was also a great learning experience observing different types of healthcare workers during patient rounds at 7am. This experience taught me how to be a team player and

Commented [CH4]: You hit a lot of great themes in this essay – all of which are important, but I think improved flow from one idea to another would make this a better essay. Think about what skills and insight you want to emphasize that you gained from your experience. Make sure you frame your essay to highlight these skills – right now as I read I can see you touch on your themes but then they sometimes fall into the shadows before they are fully discussed and developed.

For example, in the first paragraph you touch on patient advocacy right at the end. It would be so interesting to hear more about your thoughts/experience with regards to this!

to help healthcare workers provide the best quality of care for patients. I hope someday as a medical student, I can transfer my communication and collaborative skills to my future medical school community.