

One change I would like to make in the world is to diversify access to healthcare and create equal opportunity for families and individuals to receive healthcare services. As a Ketchikan resident, I have seen the difficulties that come with living in rural and isolated communities, and it has motivated me to look into how we as a society can overcome and fix this ever-growing problem. Living on a remote island with limited access to healthcare has a toll on residents, as well as the few physicians who live and work here. For most major medical emergencies or specialized care needs, residents must be flown to a larger hospital for care. The cost of traveling for medical appointments can be in the thousands of dollars, which discourages many residents from seeking care. Because we live on a small, isolated island, healthcare providers often do not stay for long periods of time, and recruiting new ones can be difficult. This means residents struggle to stick to one provider for consistent care. The lack of services in our small community and in others like it across the country prevents individuals from receiving adequate healthcare. Having lived in this community, witnessing the lack of resources and how that impacts our residents, I understand the importance of being able to provide all levels of care to a community and would like to use my education and training to return to a small rural community like mine and help provide care to those who need it.

My plans to achieve this goal include attending college for an undergrad education, continuing on to medical school, finishing residency, and returning to Alaska (preferably a small community) to extend care to the community's residents. I have achieved my first goal of getting into college and studying the sciences. I have also achieved my second goal because in December, I was accepted into Brown University and their PLME program, which provides for direct admission into Brown's Alpert Medical School following my undergraduate degree. This is a life-changing opportunity, as it will allow me to follow the path that I have been working toward for as long as I can remember, but it is also an important step in my end goal— giving back to communities like Ketchikan. My drive and dedication to my dream of becoming a physician over the past several years made this opportunity possible.

Since fifth grade, I dreamed of being a doctor. Every time there was a chance to shadow someone working in the medical field, I took it. Whether that be shadowing a local dentist in his office or asking flight nurses if they had room on a plane for an observer, I always tried to put myself out there to secure any opportunities to shadow healthcare workers. On my seventeenth birthday, I had the opportunity to shadow a flight nurse on a medical evacuation flight. I arrived

at the Emergency Room in Anchorage, where I was directed to observe as the EMTs and flight nurses prepared the patient for transport. On the ambulance ride to the airport, I was able to ask the EMTs and flight nurse what was happening to the patient, and what they were doing to stabilize her at the moment. At the plane, the EMT offered me the front seat of the cabin, where I was in the perfect position to monitor her condition. I was very excited to be included and took this chance to learn as much as I could on the flight to Anchorage. This experience filled me with the curiosity of how medicine can help people, and how each specialty has to tailor the way they work in relation to the environment they have to work in. Without a doubt, this opportunity solidified my desire to become a doctor of medicine. As I was applying to colleges and researching programs, I came upon the PLME program at Brown University. I knew that medicine is the path I wanted to follow, and the chance to go right into my medical training was an opportunity I could not pass up. I am aware of the challenges I will face on my journey through school and I understand how difficult it will be. However, I am also confident that with hard work and determination, I know I will succeed. As I continue growing and learning, I will strive to advocate for others and do my part to support equity and inclusion in our world.