

I have never liked wasting time. Time is our most precious gift, and, if used properly, can be used to get involved with initiatives that can change the world. I have always subscribed to the notion that by bettering your corner of the world, you can change someone's life. I specifically do this through involvement on my campus and immediate surrounding community, as it's important to give students the opportunity to get involved with different activities that can help them find their niche in college. During my time at Emory as a Biology major and Educational Studies minor, I have prided myself in becoming involved in all that I can, both academically and non-academically related.

Beginning with strict biology department involvement, I have volunteered as a TA for seven different biology classes and labs. I love helping younger students and giving them guidance both related to class and their academic careers. For this reason, I became involved with Phi Sigma Biological Sciences Honor Society. I had been a mentee my freshman year, and then was accepted for membership in the spring of 2016. I was chosen to be the President my junior year, a position I have held since. I made it my personal mission to revitalize the club, and since then, I have been able to turn it into a prolific and prestigious institution. I reinstated the mentor/mentee program, created study groups, and began to require community service. In this manner, the honor students of the biology department are held to a higher standard and can represent the department well both on and off campus.

However, my leadership involvement on Emory's campus has not been limited to the biology department, although I still often work with fellow biology majors in outside endeavors. Several of my other activities indirectly tie back, as I work mainly with students who are biology majors, but are not required to be. I have served as Co-President of AWIS, the Association for Women in Science, for the past two years. Under my leadership, we have created a networking pipeline allowing science-focused students to forge connections with professors and other established women in the area. We have partnered with WISE, the faculty division of Women in Science at Emory, to attend our events and provide their expertise. Many of the faculty and students involved are affiliated with the biology department. Furthermore, I have been a member of the Emory Pre-Dental Society since my freshman year and currently serve as the President. I have singlehandedly organized multiple speaker events, dexterity fairs, and student panels to help underclassmen gain all the knowledge they need in being a successful applicant to dental school. My expertise about the dental application process has led to me being used as a consultant for the PHMO to send pre-dental students to speak to and get their questions answered. I spend several hours per week meeting with these students, mostly biology majors, and advising them on how to improve their applications. I enjoy this opportunity to help both PHMO as well as the biology department in giving guidance to the underclassmen. Finally, I have also been involved on the executive board of ChEmory, the Chemistry club at Emory, the Bioethics Society, and have helped create the test for use in high school Science Olympiad. This involvement gained me access into Alpha Epsilon Delta Pre-Professional Honor Society, as well as Mortar Board, an honor society that chooses members based on scholarship, leadership, and service. I have also earned a place on the Dean's List for the past three years.

Yet, my endeavors are not strictly academic. I became involved with the Emory Cheerleading squad my freshman year and eventually took over as the Captain. I served as Captain for a year and a half, where I was involved with finances, creating routines, and scheduling competitions. Under my leadership, we placed 1st at the Grand Nationals Competition for two years in a row. My competency at this position selected me for a job at a local preschool as a cheerleading instructor, a position I currently hold.

To me, it is of the utmost importance to me to make both my community and the world a better place. For this reason, community service has been a hallmark of my life, especially at Emory. I have been involved with Emory Residence Hall Association since my freshman year where I served as the Volunteer Coordinator and was in charge of all volunteer events on Emory's campus. The purpose of the organization was to "unify Emory University's residential community, instill pride in our campus, and enhance the residential living experience through advocacy and visible, campus-wide activities for and by the students." I spearheaded a Shoebox Drive for the homeless on two separate occasions, in which we were able to raise over \$2,000 to purchase necessary supplies to donate to the less fortunate. Also for on-campus service activities, I worked briefly with Volunteer Emory and Trees Atlanta to help beautify the surrounding community. I have also volunteered as a Spanish tutor at Druid Hills High School in order to donate my time to a teacher who was in need. The students really liked being taught by someone close to them in age, and my lectures seemed to resonate with them.

I am also an avid community volunteer as well. I worked weekly at the Ben Massell Dental Clinic, a free clinic where I would volunteer as a dental assistant to those who cannot afford dental care. It was a very rewarding experience to combine my professional interests with my passion for service. I was also able to do this in Honduras on the Global Brigades mission trips. For the past two years, I have gone both as a member and the Vice-President, helping to organize the trip. This year, I will be going as Campus Coordinator, the point person for the medical, dental, and public health brigades. Being able to provide medical volunteer assistance is one of my dearest passions, and I truly hope to return to these communities as a full dentist. In my immediate community, I volunteer every Thursday at my local church where I help pack bags of food to donate to schools to distribute to children who otherwise may not have a meal over the weekend. This program, Snack in a Backpack, has recently been adopted by several Emory-sponsored clubs thanks to a small group comprised of myself and a few friends who have helped spread the word. Phi Sigma Biological Sciences Honor Society now volunteers with this program as well.

I am also involved in other social, religious, and media endeavors. I was a founding member of Phi Sigma Pi, a campus-wide honor fraternity. I also joined Sigma Delta Tau, and my efforts within that sorority earned me a place in Order of Omega, the Greek Honor Society, where I currently serve as Vice-President. I am an active volunteer in my church, where I work Vacation Bible School each summer and also run a class of the "message in motion" series—where children can get exercise with a focus on religious endeavors. As for media, I have served both as the Treasurer and Copy Editor of Hybrid Vigor, a student-run magazine on campus. We publish articles that students have written on all topics. My love for this stems from running the yearbook club in high school. It is so satisfying to see the publication printed after hard work all year.

Finally, I am involved in research. Although I regrettably did not have the experience of conducting research at Emory, I volunteer as a lab assistant over the summers at home. I have been involved in research for the past nine years, mostly regarding cancer research but I have also recently begun studying heart disease as well. I have been published on ten separate occasions in worldwide peer-reviewed scientific journals, including but not limited to: Anticancer Research, Experimental and Therapeutic Medicine, Cancer Therapy, and the World Journal of Cardiology. I hope to continue my research during dental school in order to make an impact on the body of knowledge that we all as scientists share.