

## Example Excerpts & Essays

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### **Essay Excerpt | Clinical Patient Encounter**

“I drove over three hours to be seen. I can’t keep living with this pain!” My patient expressed her frustration during her first visit to our clinic, arriving with swollen hands and knees. She had postponed care for months, as our rheumatology clinic was several hours away from her small rural town in North Texas. By then, her pain had become too severe to ignore. Our team addressed her immediate concerns and later set up telehealth follow-up visits, allowing her to receive continuous care without accessibility being an issue. I came face-to-face with a systemic barrier that many rural and underserved patients must overcome just to access the healthcare system. It was a reflection of a broader pattern where patients experienced advanced complications because early, preventive care was inaccessible.

### **Essay Excerpt | Religion Based Institution - Alignment of Values**

“My personal values and experiences align with —’s emphasis on practicing as a servant leader, guided by faith and integrity. I view servant leadership as a “flipped organizational chart,” where leaders’ primary role is to enable others’ success and serve them. As part of my Healthcare Leadership and Management program, I’ve learned how this model translates into medicine. The physicians I work alongside as a Medical Assistant prioritize patients’ needs and advocate for their well-being. Applying this principle to my experiences has strengthened my belief that servant leadership is centered around the growth of others.

Through my volunteer work at a spiritual organization, I have embraced a guiding value: “to be selfless not only in actions but in desires” and “to take care of others as an expression of service to God.” Guided by these principles, our local chapter engages in community projects that promote accessible education and early adulthood independence. During a four-week summer program, I taught a class of underprivileged children about life skills and risks associated with drug usage. Furthermore, our team led a fundraiser and donation drive that raised over \$10,000 for students lacking access to food and essential supplies. “

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### **Essay Excerpt | Clinical Patient Encounter**

While volunteering, my encounter with a woman suffering from advanced dementia left a lasting impression on me. Her cognition seemed to consistently change as she recalled vivid childhood memories one moment and forgot my name the next. My visits consisted of listening to stories about traditions with her loved ones. At times, her daughter was present, watching her mother struggle to piece together fading memories. While I understood my limitations in supporting her care, I did my best to ease the journey through the patient and her family's new reality. These meaningful experiences have reaffirmed my commitment to providing compassionate and empathetic care, allowing every patient to feel supported through their unique life narratives.

### **Essay Excerpt | Medical Mission Trip**

While the steep mountain terrain slowed us down, it did not stop the physician and me from reaching the patient's home. It was the second day of our medical mission trip, where we were providing medical services to remote villages around Riobamba, Ecuador. The physician and I stepped away from the main site to reach a bedridden woman whose care required an in-home visit due to her atrophied leg. The reality of the situation challenged my preconceived notions of what healthcare looked like globally. While the physician tended to her chronic headaches, I felt an internal struggle rise in me as I questioned what help I could possibly offer. I recognized that there were cultural and experiential gaps in my ability to connect with the patient meaningfully. This momentary lapse faded as the physician began translating the native Kichwa language spoken by the patient's daughter. She began telling us about the tea they had been making that worked occasionally for headache relief, made from ground achiote leaves.

### **Essay Excerpt | Personal Reflection**

I've been on a personal journey to embrace a mindset that will allow me to find fulfillment in my life. In a society that values productivity over purpose, the book, *Ikigai: The Japanese Secret to a Long and Happy Life*, has reshaped my perspective on the idea of inner fulfillment, and not just external achievement.

"Mens sana in corpore sano." This Latin phrase translates back to "a sound mind in a sound body." It's a mutualistic relationship as the body requires the mind to function, and vice versa. I feel heavily connected to this philosophy that embraces the relations of the mind, body, and spirit, as they are, in many ways, dependent on the well-being of the other. I became aware and mindful of the choices I make on a daily basis, including the food and media I take in and the connection I establish with others. As we live in a day and age where the world moves quickly, this book reminded me of the value of slowing down and being intentional in my actions.

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