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I am a 24 year old public health practitioner and I am quite lost. I remember saying, 'I want to change the world' when I enthusiastically entered my communications theory class. You see, I'm a graduate of Bachelor of Science in Developing Communication. I know what you're thinking. What's that? What's Development Communication? Don't worry. We DevCom practitioners are kind of used to getting that question.

You see, it is such a difficult question to answer, actually, even though I spent four years studying it. But I'll try. I believe, in essence, Development Communication is a discipline that has a bias with the marginalized sectors. And I don't know about you, but for me, it's really beautiful, kind of a bit romantic, actually, amplifying their voices, serving the people. So, so fulfilling things to do. I want to make change. I want to change the world or my country, at least, the Philippines.

But reality outside the university kind of slap me real hard. My idealistic self was put in such a cruel, real world. But fast forward to this day, more than three years as part of the workforce and with the ongoing COVID 19 pandemic, I can say that I've had my fair share of experience in the corporate world, in the government sector as well as in international organisations. I can say that I've climbed one too many steps and my hashtag adulting ladder, you might say quite quickly, honestly.

I couldn't help but actually feel like I was a fraud or like I am just, you know, just always faking it until making it. But not actually until I found my passion; what makes me feel fulfilled and alive whenever I do it. None other than the health and science communications.

Now that I am a public health communications practitioner, that feeling of not being where you are supposed to be is still there, of course. But I sort of know now my direction, the direction that I wanted to go professionally. I now know my purpose is to communicate, communicate health information accurately and in such a way that benefit the greater good, you know? Including fighting fake news and misinformation. So that's our job as health communicators, as science communicators.

One thing that I've actually learned along the way is that we have to respond quickly because our information, our verified and accurate information can actually save lives. To tell you I've always wondered what if my adulting journey is not really a romantic journey I always wanted it to be. But a reality check, perhaps, that we really do not grow up to be the world changers we once aspired to be, but rather the catalysts of change for the bigger, much bigger aspirations we have. Baby steps, as they say.