

About Me Essay

My name is Sabrina, and I am a Spanish and International Health student with a minor in Chemistry at Clemson University Honors College. As a future physician, I am deeply motivated by the intersection of science, culture, and humanity. My academic path reflects my desire to not only understand medicine on a biochemical level but also to address the broader social and cultural dimensions of health. The experiences I have encountered inside and outside the classroom have strengthened and affirmed my desire to become a pediatric oncologist, a career that will allow me to combine empathy, resilience, and service in meaningful ways.

Throughout my academic journey, I have developed a strong foundation in both the sciences and the humanities. My coursework in classes, such as biochemistry, anatomy and physiology, and medicinal chemistry, have given me the technical knowledge needed to approach complex problems with precision and analytical thinking. At the same time, my Spanish studies and global health projects have sharpened my ability to communicate across cultures and to consider health as a profoundly human experience rather than just a clinical one. Studying abroad in Spain, for example, challenged me to adapt to new environments while conducting a health communication internship that required both cultural sensitivity and professionalism. In addition, experiences like interpreting for Spanish-speaking families in healthcare settings have reinforced the importance of language, compassion, and advocacy in patient care. These

moments showed me that my bilingual skills and cultural awareness are not just academic strengths, but tools that can directly impact lives.

Beyond academics, my leadership and service roles have shaped how I approach challenges and opportunities. As an Undergraduate Learning Assistant (ULA) for Anatomy and Physiology, I strengthened my ability to communicate complex concepts with clarity and patience while mentoring students through foundational material essential to healthcare. This role taught me that effective teaching—much like medicine—requires empathy, attentiveness, and the ability to meet people where they are. My experience with the MedEx Academy was equally formative. Through this internship, I shadowed physicians, participated in lectures, and engaged directly with patients, gaining valuable insight into both the technical rigor of medicine and its human vulnerability. Witnessing patients in moments of fear and uncertainty reminded me that medicine is not only about science but also about presence and compassion. At the same time, I shared my own story of living with an autoimmune disease and a neurological illness with my peers, which deepened our collective understanding of vulnerability. Being both a patient and a future physician in training allowed me to empathize more deeply with the individuals I encountered, reinforcing my belief that trust is built when providers acknowledge the humanity of those they serve. Together, these experiences grounded my vision of medicine as a profession rooted in both knowledge and genuine human connection.

My core values—empathy, hope, equity, and service—guide both my academic and professional goals. I believe that medicine is not just about curing illness, but about walking alongside people in their most vulnerable moments. I value hope because it sustains patients and providers through difficulty, and I value equity because every person deserves care that respects

their dignity. These values align with my long-term goals: after graduating in December 2025, I plan to pursue a master's degree in bioethics before attending medical school. I hope to use this combination of science and ethics to build a career where I not only treat patients but also contribute to thoughtful conversations about fairness, compassion, and justice in healthcare.

In sum, my academic background, lived experiences, and values come together to shape a clear vision for my future. I am committed to pursuing medicine in a way that integrates science with humanity, rigor with compassion, and knowledge with empathy. My hope is that, as a physician, I will not only heal but also accompany patients and families with understanding, strength, and respect—always guided by the belief that medicine is, at its core, about people.