

# ASHI VOLUNTEER SPOTLIGHT



**Runying Tian**  
**Albany Medical College**

**What committee do you serve on?** Technologist Affairs' Committee

**How did you get started as a volunteer for ASHI?** I was encouraged to join an ASHI committee by my mentor Dr. William Hildebrand.

**How has volunteering for ASHI improved your professional development?** It pushed me out of my comfort zone. I started to pay attention to what was going on in the ASHI community and to see the bigger picture of our HLA community. It gave me an opportunity to use my knowledge and skills to serve others. It also expanded my view on my career. The most exciting part of volunteering is working alongside people who have made a big impact on my career.

**What is your most memorable volunteer moment?** The 2021 Technologists' Affairs Committee Chair, Christian A. Torres-Cotty, sent me an email and asked if I'd be interested in Co-Chairing with him. My first reaction was "no", but then I thought, "if he thought I could do it, maybe I should try".

**Why do you think it is important for others to volunteer with ASHI?** You do not know what you are missing. Give yourself a chance and try it out! You have more to offer than you think. If you feel like you'll be doing all the work alone, please know that there is a group of people who are more than willing to walk alongside you. That is the beauty of volunteering with ASHI. You will not regret it.