

VCHS Alumni Spotlight: Jasmine Hartman-Budnik, Class of 2019

Jasmine Hartman-Budnik's remarkable journey from Vail Christian High School (VCHS) to leading-edge neuroscience and orthopedic research showcases the impact of passion, perseverance, and a relentless quest for knowledge. A distinguished member of the VCHS class of 2019, Jasmine has pursued her path with unwavering determination and a profound curiosity about the intricacies of the human brain.

Graduating from Baylor University in 2023 with a Bachelor of Science degree in Neuroscience, Jasmine excelled in her studies as part of the pre-medicine track and graduated from the honor's college. Her academic journey did not stop there; with the MCAT successfully behind her, Jasmine is currently in the throes of applying to medical schools, anticipating a decision on her next big step in the spring of 2025.

Jasmine's interest in medicine, particularly neurology and anesthesiology, is a reflection of her deep-seated fascination with the brain and the nervous system—a passion that found its roots during her time at VCHS. Reflecting on her time at VCHS, Jasmine credits the school's rigorous academic environment and the opportunities for hands-on learning experiences as pivotal in shaping her career path. She fondly recalls Mrs. Sarah Hochtli's AP Chemistry and Ms. Mindy Larson's PLTW Human Body Systems classes for opening her eyes to the challenges of college-level chemistry and the wonders of the human body. Serving as a teaching assistant for the VCHS science department further bolstered her confidence and cemented her interest in medicine, an interest that was nurtured through an internship with Steadman Clinic and Steadman Philippon Research Institute (SPRI) during her junior year, under the guidance of Mrs. Sandra Burner.

Her engagement in sports medicine, coupled with her work with the Happy Healthy Brain Foundation, further solidified her desire to explore the complexities of neuroscience. At Baylor, she completed her Honor's Thesis on the topic of concussions and cognitive performance in collegiate athletes. Before embarking on her medical school journey, Jasmine sought to deepen her understanding and experience in the field. She is currently a research assistant at SPRI and works in both the Center for Regenerative and Personalized Medicine (CRPM) as well as the Center for Outcomes-Based Orthopedic Research (COOR). In this role, she focuses on data collection for COOR's extensive clinical outcomes database, lab procedures for current clinical trials, and working on publications for projects from SPRI and The Steadman Clinic. Moreover, Jasmine's commitment to the next generation of scientists is evident in her role as an SPRI EPOC Alumni Mentor, where she guides high school students through their internships in the junior year and summer internship programs.

To current VCHS students pondering their future paths, Jasmine offers sage advice: take the time to discover your passions. She encourages students to shadow professionals in fields of interest and to consider taking a gap year before or after college to explore the vast possibilities that lie ahead. "Enjoy the journey, don't rush

through it" she emphasizes, underscoring the importance of embracing every step of the academic and career exploration process.

Jasmine Hartman-Budnik's story is a shining example of where curiosity, dedication, and the support of a nurturing academic community like VCHS can lead. As she stands on the brink of her next adventure in medical school, the VCHS community watches with pride, confident in the knowledge that one of their own is set to make significant contributions to the field of medicine and beyond.

Steadman Philippon Research Institute

UPDATES FROM STEADMAN PHILIPPON RESEARCH INSTITUTE

SPRI had an event-filled summer with the Injury Prevention Symposium, cohosted with the U.S. Olympic and Paralympic Committee held in June and the Vail Scientific Summit in August. Events continue this Fall with the 19th Annual Golf Classic. Scientists and researchers are busy submitting grant applications, conducting research and publishing manuscripts.



EPOC Alumni, working at SPRI!

Alumni Spotlight: Jasmine Hartman

A MESSAGE FROM JASMINE:

"SPRI EPOC programs have been a key part of my academic journey and introduction to the field of medicine. I participated in the 2017-2018 High School Science Club when I was a junior at Vail Christian. I met valuable mentors, developed a project assessing the risk of ACL injuries on the VCHS football team, and gained skills that I have continued to use to this day. At a time when I was trying to decide what career path I wanted to pursue and where I wanted to go to college, EPOC was an amazing introduction to my passion for medical research and healthcare. I have since graduated from Baylor University with a B.S. in Neuroscience and am currently applying to medical schools. I am working at SPRI for the year as a Research Assistant Intern for COOR (Center for Outcomes-Based Orthopaedic Research) and CRPM (Center for Regenerative and Personalized Medicine). I am excited to be back at the place where it all started for me and look forward to helping out with upcoming SPRI EPOC programs."



Congratulations to Jasmine, who recently won first place for her poster at the 8th Annual Vail Scientific Summit Poster Session!