



## **Trojan Alumni Spotlight with Kara Kovach '15**

### **What have you been doing since graduation from Trinity High School?**

After graduating from Trinity, I attended Cleveland State University to receive a degree in Health Sciences. During my time studying there I volunteered locally, explored the city, worked at the Cleveland Clinic, and began traveling internationally with my study abroad trip to Costa Rica in 2017. After graduating from CSU, I spent 9 months traveling again and began physician assistant school at Ohio Dominican University in fall of 2019. I just recently graduated in December of 2021.

### **We heard you have a new job, can you tell us what it is?**

I have officially accepted a position as a certified physician assistant in cardiothoracic surgery and will be vein harvesting for coronary bypass surgeries, first assisting in numerous heart and lung procedures, and managing patients in the intensive care unit.

### **How much did the Pre-Professional Internship program help guide you ultimately in what you chose as your profession?**

The Pre-Professional Internship program set the foundation for my future successes as a health care provider. In my last year of 3 internships with the Cleveland Clinic, I was able to shadow a portion of a pediatric heart transplant with the congenital heart department at Cleveland Clinic Children's. This experience opened up the world of cardiac surgery for me. The med tech classes, experiences, and numerous skills obtained from internship allowed me to directly land my first healthcare job as a patient care nursing assistant in the float pool at Cleveland Clinic at main campus. This ultimately allowed me to gain patient care experience necessary to apply to PA school and began shaping the provider I am today!

### **What advice would you give to students who are entering the PPI Program?**

My best advice to students would be to treat every day in internship as a potential future opportunity and to not take the experiences for granted. You never know who you might meet, the connections you might make, and how that may guide your future career path just like mine!

### **You have traveled to some beautiful places in recent years. Can you give us a few of your favorites that maybe our community should check out?**

I have now travelled to 14 different countries and numerous cities/states by working hard, prioritizing, and taking the road less travelled (you can too!). I most recently travelled to the Canary Islands which was a great reminder that people are incredible, cultures are fascinating, and land is beautiful. My extended time in the heart of San José, Costa Rica was like also like none other. If able to, the experiences of traveling are irreplaceable!

**What were some of the things you were involved in while you were a student here?**

As a student at Trinity, I was a member of the retreat team, National Honor Society, ambassador club, and played volleyball for 4 years.

**What are your fondest memories of Trinity High School?**

Some of my fondest memories at Tri High were the in-depth self and faith reflections and connections made on retreats and numerous friendships that are still going strong today! Also can't forget about getting the warm cookies from Sr. Shawn before Ms. Barile's math class as an afternoon snack. 😊