

# SPOTLIGHT QUESTIONS

## **What first prompted your interest in your chosen academic program and future health care profession?**

Where I grew up, very few people were aware of what Physical Therapy is and how it can be a resort to help manage pain and promote recovery. My goal is to help educate others about alternative pain-relieving options before seeking medical procedures.

## **Why did you choose to attend the School of Health Professions at the University of Texas Medical Branch (UTMB)?**

I enjoyed the community aspect of the program, the location being close enough to my home in Houston yet far enough to allow me growth and independence. I also love the calmness of being near the ocean to help with the stress from school.

## **What advice do you have to someone who is interested in this program or someone who is just starting out in this program?**

Pace yourself, enjoy the process of learning, and control how you feel with all that is to come with the education and lifestyle. Everything will fall into place when you go out on the field, do not stress about not remembering a specific test.

## **What has been your favorite/most memorable moment in the program?**

My most memorable moment in this program has to be whenever I got the chance to volunteer at our pro-bono student-led clinic, St. Vincent's. Reflecting back, I am really grateful for this opportunity to impact the community and understand how to become a better student therapist every visit. From being intimidated by treating patients with real diagnoses to growing more comfortable in finding realistic treatments with available resources has humbled and blossomed me in so many ways. It has been a good foundation for me and transitioning into real-life clinical scenarios. I believe the UTMB DPT program has done an exceptional job preparing students like myself to perform well now that I am actually out on my rotations.

## **What has been the most impactful course you have taken? If you cannot identify one--what is a lesson or message that has stuck with you?**

Diagnosis and management of Neuromuscular dysfunction 1 was the most impactful course for me. During that time, I was struggling between balancing school and personal problems. However, after it was over, it made me realize that I needed to have better boundaries between maintaining my personal life from my education. I also was able to feel more comfortable with reaching out for assistance from my classmates and faculty members. By the next course, I felt like I was able to have better control of how to go about similar situations.

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