

General Information

Name: [REDACTED]	Applicant ID: [REDACTED]
Previous Last Name: [REDACTED]	AAMC ID: [REDACTED]
Preferred Name:	
Designated Pronouns: <i>She/Her/Hers</i>	
Most Recent Medical School: <i>University of Washington School of Medicine</i>	
Clinical Campus:	USMLE ID: [REDACTED]
<i>University of Washington - Idaho WWAMI</i>	
Email: [REDACTED]	NRMP ID:
Gender: <i>Woman</i>	Participating in the NRMP Match: <i>Yes</i>
Birth Date: [REDACTED]	Participating as a Couple in NRMP: <i>No</i>
Authorized to Work in the U.S.: <i>Yes</i>	
Current Work Authorization: <i>U.S. Citizen or National, Legal Permanent Resident, Refugee, Asylee</i>	
<u>Self Identification:</u>	
[REDACTED]	
<u>Present Mailing Address:</u>	<u>Permanent Mailing Address:</u>
[REDACTED]	[REDACTED]
[REDACTED]	[REDACTED]
Preferred Phone #: [REDACTED]	Phone: [REDACTED]
Alternate Phone #:	
Mobile #:	
Pager #:	
Fax #:	

Military Service Obligation/Deferment?	<i>No</i>	
Other Service Obligation?	<i>Yes</i>	Description: <i>National Health Service Corps Scholarship Program: Received a medical school scholarship in exchange for a four-year commitment to provide primary care services in federally designated Health Professional Shortage Areas (HPSAs).</i>

Geographic and Setting Preferences

Division Preference: *Mountain*

I prefer the Mountain division because it includes my home state of Idaho, my undergraduate alma mater in Montana, and the surrounding states. Training in this region will prepare me to serve the communities I am most connected to and committed to supporting long-term.

Division Preference: *Pacific*

I prefer the Pacific division because it includes Washington, where I completed much of my medical training. Continuing my training in this region will best prepare me to serve the communities I am most connected to and committed to supporting long-term.

Setting Preference: *No Preference*

I have no setting preference, as I feel comfortable in diverse environments. Through the University of Washington's WWAMI Program, I trained in settings ranging from urban hospital centers to rural critical access hospitals across the Pacific Northwest, preparing me to thrive in any setting.

State Medical Licenses

Type	Number	State	Exp. Date
None			

Additional Questions

Are you able to carry out the responsibilities and requirements at the specific training programs to which you are applying with or without reasonable accommodations?	Yes
Misdemeanor Conviction in the United States?	No
Felony Conviction in the United States?	No
Medical Licensure Suspended/Revoked/Voluntarily Terminated?	No
Ever Named in a Malpractice Suit?	No
Anything in your past history that would limit your ability to be licensed or would limit your ability to receive hospital privileges?	No

Certifications

Board Certification: No

Other Medical or Healthcare Certifications: Yes		
Certification Name	Date Received	Valid Until
Idaho Emergency Medical Technician	Apr, 2022	Sep, 2025
National Registry of Emergency Medical Technicians	Feb, 2019	Feb, 2025
Phlebotomy Technician	Jun, 2019	-

DEA Registration

DEA Registration Number: None

Medical Education

Institution & Location	Dates Attended	Degree	Date of Degree
University of Washington School of Medicine United States of America University of Washington - Idaho WWAMI		Yes, M.D.	

Note: This section is not intended to solicit information about your health, disability, or family status.

Have you had any academic extensions, leaves, gaps, or breaks in your educational program due to repeated or remediated coursework?: No

Have you had any professional extensions, leaves, gaps, or breaks in your educational program due to professionalism sanctions or any other adverse actions by your medical school or its parent institution? No

Education

Education	Institution & Location	Dates Attended	Degree	Degree Date	Field(s) of Study
Undergraduate	Montana State University-Bozeman Bozeman, MT, United States of America		Yes, B.S.		• Other Major

Postgraduate Training

None

Honors & Awards

Honor Society	Status
Gold Humanism Honor Society (GHHS)	No Gold Humanism Honor Society (GHHS) chapter at my school

Honor or Award Type	Name	Description	Date Received
Community/Service Recognition	Community Service Award	Honored three consecutive years (2023-2025) for outstanding advocacy and service.	
Research	Outstanding Rural Underserved Opportunities Program Oral Presentation	Selected by research judges at Idaho's Triple III Poster Presentation for an effective presentation.	
Other honor or award classification	Patient Safety and Personal Accountability Certificate of Recognition	Recognized for professionalism by completing all 22 medical school compliance requirements.	
Other honor or award classification	WWAMI Pro Honoree	Nominated by peers for exemplifying professionalism and upholding the medical school's	

Honor or Award Type	Name	Description	Date Received
		core values.	

Professional Memberships

- Idaho Medical Association
- The American Academy of Family Physicians
- The American Medical Association

Experiences

Mentor			
Organization	Alliance for Equal Representation in Medicine (AFERM)	Dates	
Location	Seattle, WA, United States of America	Participation Frequency	Monthly (recurring)
Setting	Virtual	Experience Type	Teaching/mentoring
Primary Focus	Social justice/advocacy	Key Characteristic	Ethical Responsibility
Context, Roles & Responsibilities	• Advised over 15 students from underrepresented backgrounds in the medical school application process by conducting mock interviews and providing constructive feedback to enhance their communication and interview skills. • Promoted diversity and inclusivity within the medical profession by preparing aspiring medical students for competitive admissions, fostering equitable access to opportunities, and supporting the development of culturally competent future physicians. • Contributed an additional 50+ hours towards similar mentorship initiatives, including the Underrepresented in Medicine Pipeline and Readiness Program, the Idaho Pre-Med Mentoring Program, and the Student National Medical Association Mentorship Program.		
Most Meaningful	Through mentoring, I have connected with talented future colleagues and paid forward the guidance I once received. This experience reflects my commitment to becoming a preceptor who cultivates an inclusive, compassionate healthcare workforce and inspires others to do the same.		

Researcher			
Organization	Idaho Office of Underserved and Rural Medical Research	Dates	
Location	Moscow, ID, United States of America	Participation Frequency	Weekly (recurring)
Setting	Rural	Experience Type	Research
Primary Focus	Improving access to healthcare	Key Characteristic	Critical Thinking and Problem Solving
Context, Roles & Responsibilities	• Responded to the gap in Idaho-specific healthcare research by addressing healthcare disparities in Idaho's rural and underserved communities through survey collection during clinical experiences.		

Experiences

	- Published a manuscript highlighting the most common barriers faced by patients in rural Idaho. - Finalizing a second manuscript evaluating the validity of a survey tool designed to identify common barriers to patient care and its potential for broader application in public health policy.
Most Meaningful	Being a principal researcher—from brainstorming survey topics to becoming lead co-author and now discussing the initiative with first-year students—has helped me identify key challenges Idaho patients face and sparked discussions on creating a more equitable healthcare system.

Scholar

Organization	Targeted Rural Underserved Track (TRUST)	Dates	██████████
Location	McCall, ID, United States of America	Participation Frequency	Annually (recurring)
Setting	Rural	Experience Type	Education/training
Primary Focus	Clinical/translational science	Key Characteristic	Resilience and Adaptability
Context, Roles & Responsibilities	- Chosen for a specialized curriculum that pairs students with a rural community, providing a longitudinal preceptorship centered around underserved patients and the local healthcare system. - Developed a robust understanding of the expectations and demands intrinsic to the role of rural physicians through extensive clinical training. - Cultivating a relationship with the rural community through immersive experiences, including a pre-matriculation week spent integrating into the community before the start of medical school, a four-week clinical rotation between the first and second years of medical school to gain early clinical exposure, and a five-month clinical clerkship that encouraged progressively more patient responsibilities.		
Most Meaningful	This experience challenged me to adapt to the unpredictability of rural care, reinforcing resilience amid limited resources. It deepened my understanding of rural medicine and strengthened my commitment to underserved communities, preparing me to contribute meaningfully as a resident.		

Committee Member

Organization	University of Washington School of Medicine Admissions Committee	Dates	██████████
Location	Seattle, WA, United States of America	Participation Frequency	Monthly (recurring)
Setting	Virtual	Experience Type	Professional organization
Primary Focus	Medical education	Key Characteristic	Communication
Context, Roles & Responsibilities	- Demonstrated a commitment to shaping the next generation of physicians and was subsequently selected to serve on the committee, contributing to the selection of the incoming medical student class. - Upheld equity, diversity, and professionalism throughout the admissions process while ensuring a holistic assessment of each applicant. - Interviewing applicants alongside a team of three committee members, including faculty and community physicians, to evaluate applicants' personal and professional attributes.		

Experiences

Council Member			
Organization	Montana State University (MSU) Health Professions Advising	Dates	██████████
Location	Bozeman, MT, United States of America	Participation Frequency	Monthly (recurring)
Setting	Virtual	Experience Type	Teaching/mentoring
Primary Focus	Community involvement/outreach	Key Characteristic	Reliability and Dependability
Context, Roles & Responsibilities	- Supported two undergraduate students annually through the process of applying to medical school by giving board exam preparation advice, reviewing applications, and conducting mock interviews. - Coordinated workshops on application preparation, including personal statement writing, speed interview practice, and discussion panels, while developing physical reference materials such as secondary application response examples and written advice for future applicants. - Maintaining a strong connection with Montana State University by mentoring the advising group, which is instrumental in guiding pre-medical students towards successful admissions to medical schools.		

Board Member			
Organization	Auto Ranch Foundation	Dates	██████████
Location	Meridian, ID, United States of America	Participation Frequency	Quarterly (recurring)
Setting	Suburban	Experience Type	Volunteer/service/advocacy
Primary Focus	Community involvement/outreach	Key Characteristic	Empathy and Compassion
Context, Roles & Responsibilities	- Organizing an annual golf tournament that raises funds to support post-secondary education scholarships for over 20 high school graduating seniors from rural communities in Southwest Idaho and Eastern Oregon. - Partnered with local businesses and high schools to provide needs-based resources to students pursuing careers in automotive, technical, agricultural, and mechanical fields through universities, colleges, and trade programs. - Engaged in various other community service activities, including walking rescue dogs and coordinating fundraising efforts for McPaws Regional Animal Shelter, as well as consistently donating blood for the American Red Cross blood bank for over seven years.		

Scholar			
Organization	Area Health Education Centers (AHEC)	Dates	██████████
Location	Moscow, ID, United States of America	Participation Frequency	Weekly (recurring)
Setting	Rural	Experience Type	Education/training
Primary Focus	Public health	Key Characteristic	Self Reflection and Improvement
Context, Roles &			

Experiences

Responsibilities	• Collaborated with an interprofessional team of students to address the unique challenges faced by underserved communities, reinforcing a shared commitment to improving healthcare accessibility and outcomes while developing leadership and communication skills through team-building exercises. • Gained over 80 hours of hands-on primary care clinical experience in an underserved clinic in Pullman, WA, under the mentorship of a primary care physician, gaining valuable insight into primary care delivery. • Dedicated over 60 hours to didactic learning on critical topics such as medical administration, suicide prevention, and health literacy, enhancing knowledge and preparedness for addressing diverse healthcare needs.		
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Co-Lead			
Organization	Snake River Community Clinic (SRCC) Service Learning	Dates	██████████
Location	Lewiston, ID, United States of America	Participation Frequency	Weekly (recurring)
Setting	Rural	Experience Type	Volunteer/service/advocacy
Primary Focus	Clinical/translational science	Key Characteristic	Reliability and Dependability
Context, Roles & Responsibilities	• Coordinated weekly opportunities for medical students to volunteer at a local free clinic dedicated to providing primary care to underinsured individuals in the Lewis-Clark Valley and surrounding areas. • Enhanced students' clinical skills and emphasized the importance of accessible and compassionate healthcare practice. • Organized monthly foot care clinics, empowering students to conduct comprehensive foot examinations and provide footcare to at-risk individuals.		

Co-Lead			
Organization	Family Medicine Interest Group (FMIG)	Dates	██████████
Location	Moscow, ID, United States of America	Participation Frequency	Monthly (recurring)
Setting	Suburban	Experience Type	Other extracurricular activities/clubs
Primary Focus	Medical education	Key Characteristic	Teamwork and Leadership
Context, Roles & Responsibilities	• Contributed to the interest group's success, earning the 2023 AAFP Program of Excellence Overall Award for outstanding leadership and impact on student engagement and community health initiatives. • Arranged volunteer opportunities, facilitated physician panels, and coordinated skill training sessions to enhance the experience of fellow medical students. • Emphasized the importance of primary medicine, helping students gain essential skills and knowledge to better prepare for clinical rotations.		

Scholar			
Organization	Underserved Pathway	Dates	██████████

Experiences

Location	Seattle, WA, United States of America	Participation Frequency	Quarterly (recurring)
Setting	Urban	Experience Type	Education/training
Primary Focus	Social justice/advocacy	Key Characteristic	Cultural Humility and Awareness
Context, Roles & Responsibilities	• Participated in a longitudinal curriculum designed to prepare medical students for careers serving rural, under-resourced, marginalized, and historically excluded populations through mentorship, foundational knowledge, and immersive real-world experiences. • Devoted over 50 hours volunteering alongside primary care providers at the Snake River Community Clinic and Marie Blanchard Friendship Clinic, delivering essential care to uninsured and underinsured individuals. • Completed over six months of clinical clerkships in the underserved settings of rural Idaho and coordinated research initiatives to identify root causes of health disparities within these communities.		

Impactful Experience

Being pregnant, delivering, and raising a newborn during medical school has impacted my journey towards residency. Some challenges were anticipated, such as coordinating pumping resources during rotations. Others were unexpected, like going into preterm labor and spending two weeks in the neonatal intensive care unit at the start of fourth year. The NICU team gave me a crash course in caring for my premature infant, a situation I would never wish on anyone, yet one that does happen, and one I am now prepared to help others through. These experiences have strengthened my time management skills and deepened my empathy for patients, particularly those navigating complex family or social circumstances.

Hobbies & Interests

Writing: Currently creating a children's book inspired by [REDACTED]
 Quilting: Self-taught quilter with a goal of making one quilt each winter for a loved one.
 Cooking: Passionate about preparing healthy meals for friends and family using homegrown vegetables and beef.

PublicationsPeer Reviewed Journal Articles/Abstracts

[REDACTED]
 [REDACTED]
 [REDACTED]
 [REDACTED]
 [REDACTED]
 [REDACTED]

Poster Presentation

[REDACTED]
 [REDACTED]
 [REDACTED]

Oral Presentation

[REDACTED]
 [REDACTED]
 [REDACTED]

Proficient Languages

- English

Hometown(s)

City,State/Province	Country	Postal Code	Setting
██████████	United States of America	██████	Suburban
██████████	United States of America	██████	Suburban
██████████	United States of America	██████	Rural

Certification

I certify that the information contained within the MyERAS application is complete and accurate to the best of my knowledge. All written passages, such as the personal statement and descriptions of work/activities, are my own and have not been written, in part or in whole, by another author and while I might use mentors, peers, and/or AI tools for brainstorming, proofreading, or editing, my final submission represents my own work and accurately reflects my experiences. I understand that any false or missing information may disqualify me from consideration for a position; may result in an investigation by the AAMC per the [attached policy](#) (PDF); may also result in expulsion from ERAS; or if employed, may constitute cause for termination from the program. I also understand and agree to the [AAMC Website Terms and Conditions](#) and to the [AAMC Privacy Statement](#) and the AAMC Policies Regarding the Collection, Use and Dissemination of Resident, Intern, Fellow, and Residency, Internship, and Fellowship Application Data ([attached policy](#), PDF) and to these AAMC's collection and other processing of my personal data according to these privacy policies. In addition, I consent to the transfer of my personal data to AAMC in the United States, to those residency programs in the United States and Canada that I select through my application, and to other third parties as stated in these Privacy Policies.

Certified by: ██████████

Date: