

General Information

Name: [REDACTED] Applicant ID: [REDACTED]
 Previous Last Name: [REDACTED] AAMC ID: [REDACTED]
 Preferred Name:
 Designated Pronouns: *She/Her/Hers*
 Most Recent Medical School: *University of Washington School of Medicine*
 Clinical Campus: [REDACTED] USMLE ID: [REDACTED]
University of Washington - Idaho WWAMI
 Email: [REDACTED] NRMP ID:
 Gender: *Woman* Participating in the NRMP Match: *Yes*
 Birth Date: [REDACTED] Participating as a Couple in NRMP: *No*
 Authorized to Work in the U.S.: *Yes*
 Current Work Authorization: *U.S. Citizen or National, Legal Permanent Resident, Refugee, Asylee*

Self Identification:*White*Present Mailing Address:[REDACTED]
[REDACTED]

Preferred Phone #: [REDACTED]

Alternate Phone #:

Mobile #:

Pager #:

Fax #:

Permanent Mailing Address:[REDACTED]
[REDACTED]

Phone: [REDACTED]

Military Service Obligation/Deferment? *No*Other Service Obligation? *No***Geographic and Setting Preferences**Division Preference: *East North Central*

I have family to offer support within this region, and I have enjoyed opportunities to visit them before medical school. My experiences in various settings demonstrate that I can adapt and thrive in diverse environments, and I'm excited about the opportunity to train in this area.

Division Preference: *Mountain*

I have lived in the Mountain region most of my life and have strong ties throughout. My family is based in Idaho, I have close relatives in Utah, I first shadowed in Denver, and I spent time in Arizona studying for Step 1, ensuring I will be well-supported in any program.

Division Preference: *Pacific*

I have loved living in and visiting the Pacific region throughout my clinical rotations. Being able to explore its diverse communities and visit friends in each state has reinforced how much I enjoy this part of the country and how well I will be supported at any program in this region.

Setting Preference: *No Preference*

I am open to a residency in any setting. Having successfully trained and worked in rural, suburban, and urban settings, I have demonstrated my ability to adapt and thrive in diverse environments. My goal is to join a program that offers excellent training and a supportive structure.

State Medical Licenses

Type	Number	State	Exp. Date
<i>None</i>			

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?	<i>Yes</i>
Misdemeanor Conviction in the United States?	<i>No</i>
Felony Conviction in the United States?	<i>No</i>
Medical Licensure Suspended/Revoked/Voluntarily Terminated?	<i>No</i>
Ever Named in a Malpractice Suit?	<i>No</i>
Anything in your past history that would limit your ability to be licensed or would limit your ability to receive hospital privileges?	<i>No</i>

Certifications

Board Certification: <i>No</i>

Other Medical or Healthcare Certifications: <i>Yes</i>		
Certification Name	Date Received	Valid Until
Emergency Medical Technician - Idaho	Feb, 2019	Mar, 2028
National EMS Certification	Oct, 2017	Mar, 2026

DEA Registration

DEA Registration Number: <i>None</i>

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	Idaho State University Pocatello, ID, United States of America		Yes, B.S.		Physical Education

Postgraduate Training

None

Honors & Awards

Honor Society	Status
Gold Humanism Honor Society (GHHS)	<i>No Gold Humanism Honor Society (GHHS) chapter at my school</i>

Honor or Award Type	Name	Description	Date Received
<i>Scholarship</i>	<i>2023-2025 Durward and Susan Huckabay Foundation Scholarship</i>	<i>Three-time recipient. Awarded to students with a passion and commitment to rural medicine.</i>	
<i>Community/Service Recognition</i>	<i>2023-2025 University of Washington School of Medicine Service Award</i>	<i>Three-time recipient. Top 15% of annual hours in community service, service learning, and advocacy.</i>	
<i>Community/Service Recognition</i>	<i>Personal Accountability and Commitment to Patient Safety Certificate of Recognition</i>	<i>Met 22 compliance deadlines showing professionalism, accountability and commitment to safety.</i>	
<i>Community/Service Recognition</i>	<i>Portneuf Medical Center WIN Award</i>	<i>Exemplify service, communication, ownership, professionalism, and teamwork colleague nominated.</i>	
<i>Scholarship</i>	<i>St. Luke's Health System WWAMI Scholarship</i>	<i>Scholarship awarded to students committed to improving the health of their communities.</i>	
<i>Community/Service Recognition</i>	<i>WWAMI Pro Award</i>	<i>Peer award to recognize contribution to a positive, respectful, and supportive learning environment.</i>	

Professional Memberships

- American College of Surgeons
- American Medical Association
- Association of Women Surgeons

Experiences

Experiences

Scholar			
Organization	North Idaho Area Health Education Center (AHEC) Scholar	Dates	
Location	Moscow, ID, United States of America	Participation Frequency	Monthly (recurring)
Setting	Rural/Suburban	Experience Type	Education/training
Primary Focus	Public health	Key Characteristic	Self Reflection and Improvement
Context, Roles & Responsibilities	• Gained over 80 hours of hands-on primary care clinical experience in underserved clinics. • 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. • Participated in a longitudinal, integrated curriculum certificate program focused on caring for underserved patient populations in urban and rural areas through pre-clinical, clinical, and service-learning experiences. • Engaged in interdisciplinary learning, discussions, and collaborative activities with members of AHEC from across Idaho, focusing on enhancing understanding, communication, and workflow within a multidisciplinary team.		
Most Meaningful	AHEC and the Underserved Pathway have deepened my understanding of public health and the needs of diverse communities. Reflecting on these experiences taught me the value of interdisciplinary conversations and strengthened my commitment to continual improvement in patient care.		

Mentor			
Organization	Alliance for Equal Representation in Medicine and Student National Medical Association	Dates	
Location	Seattle, WA, United States of America	Participation Frequency	Monthly (recurring)
Setting	Virtual	Experience Type	Teaching/mentoring
Primary Focus	Community involvement/outreach	Key Characteristic	Communication
Context, Roles & Responsibilities	• Review student application materials, providing underrepresented and disadvantaged students with mock interview opportunities. • Mentored 20+ students, including those from underserved and underrepresented backgrounds, planning to apply to medical school, offering tailored guidance and support throughout the application process. • Conducted 20+ mock interviews, enhancing students' preparedness for medical school interviews. • Provided constructive oral and written feedback prior to UWSOM interviews, helping students refine their interview skills. • Invited presenter for an Idaho state-wide panel for pre-med academic advising, offering interview advice. • Presented on various pre-med panels in Idaho and Washington.		
Most Meaningful	Mentoring aspiring medical students has shown me the power of clear, supportive communication. From feedback to panels, I saw how thoughtful guidance can strengthen confidence and help rural, underserved, and first-generation students apply and successfully start medical school.		

Experiences

Emergency Medical Technician			
Organization	Idaho State Corrections Center via Maxim Staffing Services	Dates	
Location	Kuna, ID, United States of America	Participation Frequency	Daily (recurring)
Setting	Rural/Suburban	Experience Type	Work
Primary Focus	Improving access to healthcare	Key Characteristic	Critical Thinking and Problem Solving
Context, Roles & Responsibilities	• Distributed medications to residents, ensuring accurate dosing and thorough documentation to maintain compliance with facility protocols. • Responded to medical emergencies within Idaho State Corrections' largest facility serving 2100+ residents, providing immediate and critical care to residents in urgent situations. • Assessed and triaged emergent and non-emergent cases in the clinic, prioritizing patient care based on severity and ensuring timely and appropriate medical interventions. • Documented patient encounters using the eOMIS documentation system, maintaining accurate and detailed medical records to support ongoing patient care and legal requirements.		
Most Meaningful	As an EMT in corrections, I often faced emergencies with limited resources, requiring quick yet thoughtful decisions. These experiences strengthened my problem-solving skills and showed me how critical thinking directly improves trust, access, and outcomes for underserved patients.		

Medical Student Researcher			
Organization	Idaho Office of Underserved and Rural Medical Research	Dates	
Location	Moscow, ID, United States of America	Participation Frequency	Monthly (recurring)
Setting	Rural	Experience Type	Research
Primary Focus	Improving access to healthcare	Key Characteristic	Communication
Context, Roles & Responsibilities	• Finalizing a psychometric analysis manuscript for publication, to validate the study tool from our prior research. • Partnered with 17 classmates to design a study exploring provider perceived barriers to care in rural Idaho and disseminated initial data as regional and summative findings. • Obtained survey responses from 34 interdisciplinary providers in Salmon, Idaho, during a 4-week clinical experience with the Rural Underserved Opportunities Program. • Directed a subgroup to perform a psychometric analysis of the original study tool, promoting collaboration and teamwork. • Guided peers through abstract submission and preparation for a conference presentation.		

Experiences

Medical Student			
Organization	Idaho Rural Underserved Opportunities Program	Dates	██████████
Location	Salmon, ID, United States of America	Participation Frequency	Daily (recurring)
Setting	Rural	Experience Type	Education/training
Primary Focus	Improving access to healthcare	Key Characteristic	Resilience and Adaptability
Context, Roles & Responsibilities	• Assumed responsibility for seeing patients, presenting detailed patient cases to attending physicians, and rounding on inpatient and post-operative patients to contribute to collaborative treatment plans. • Developed patient-centered care plans and effectively delivered patient education, ensuring understanding and adherence to treatment plans to optimize health outcomes. • Structured a flexible schedule allowing for diverse learning opportunities across multiple providers and specialties, and meticulously documented patient encounters, including visit notes, progress notes, and discharge planning. • Engaged with local residents to understand differences in care at the most rural critical access hospital in the contiguous U.S.		

Co-Founder			
Organization	University of Washington Sexual and Reproductive Health Pathway	Dates	██████████
Location	Seattle, WA, United States of America	Participation Frequency	Monthly (recurring)
Setting	Virtual	Experience Type	Education/training
Primary Focus	Social justice/advocacy	Key Characteristic	Teamwork and Leadership
Context, Roles & Responsibilities	• Served as a member of the team responsible for pathway and course design, ensuring a comprehensive and impactful curriculum. • Recruited physician support to enhance the pathway's educational offerings and credibility. • Designed a presentation of proposed curriculum for the curriculum committee at UWSOM, advocating for its approval and implementation. Approved ██████████ • Established a funding proposal to support the continuation and development of the pathway, ensuring its sustainability. Still in the process of obtaining funding. • Invited interviewee by PBS NewsHour for a special regarding the change in abortion laws within the state of Idaho, from the medical student perspective on these changes. This episode aired on ██████████		

Experiences

Co-Lead			
Organization	Idaho Surgery Interest Group	Dates	
Location	Moscow, ID, United States of America	Participation Frequency	Weekly (recurring)
Setting	Rural/Suburban	Experience Type	Education/training
Primary Focus	Medical education	Key Characteristic	Teamwork and Leadership
Context, Roles & Responsibilities	• Created networking events for students interested in surgery, providing opportunities to connect with professionals and peers. • Hosted Zoom and in-person meetings for students across all six University of Washington campuses to learn about different surgical specialties from experienced surgeons. • Planned and organized skills clinics, allowing students to learn and practice surgical skills hands-on. • Collaborated with leadership at Gritman Medical Center to host the first annual OR event, bringing medical students into the operating room to learn skills and interact with the interdisciplinary team. • Streamlined leadership structure and organization to ensure efficient handoffs between outgoing and incoming teams.		

Instructor and Coordinator			
Organization	STEM Youth Outreach with North Idaho Area Health Education Center	Dates	
Location	Moscow, ID, United States of America	Participation Frequency	Monthly (recurring)
Setting	Rural	Experience Type	Teaching/mentoring
Primary Focus	Community involvement/outreach	Key Characteristic	Reliability and Dependability
Context, Roles & Responsibilities	• Led the planning, execution, and teaching at events targeting junior high and high school students from rural and underserved areas in northern Idaho. • Provided exposure to diverse healthcare careers and opportunities available in the community, inspiring students to consider medical professions. • Planned and prepared local event logistics and design to cultivate an active and effective learning environment, including panelist discussions. • Taught various skills to event attendees, including suturing, taking vital signs, performing physical exams, and utilizing point of care ultrasound. • Facilitated discussions on learning opportunities and methods to improve future events, enhancing the educational experience for participants.		

Experiences

Medical Student Researcher			
Organization	Fehrenkamp and Human Performance Labs at the University of Idaho	Dates	
Location	Moscow, ID, United States of America	Participation Frequency	Weekly (recurring)
Setting	Rural/Suburban	Experience Type	Research
Primary Focus	Clinical/translational science	Key Characteristic	Ingenuity and Innovation
Context, Roles & Responsibilities	• Author and review grant applications, securing funding for various lab projects and ensuring the continuation and expansion of research activities. • Prepare and review abstracts and manuscripts for publication and presentation at conferences. • Facilitate effective interlab communication on collaborative projects, enhancing coordination and productivity across multiple research teams. • Designed a comprehensive study and assembled a research team, leading to successful IRB approval and the initiation of a novel research project. • Executed and supervised data collection for studies, including body composition analysis, ensuring accurate and reliable results while mentoring and overseeing graduate and undergraduate researchers.		

Certified Nursing Assistant			
Organization	Portneuf Medical Center	Dates	
Location	Pocatello, ID, United States of America	Participation Frequency	Daily (recurring)
Setting	Rural/Suburban	Experience Type	Work
Primary Focus	Customer service	Key Characteristic	Empathy and Compassion
Context, Roles & Responsibilities	• Demonstrated versatility and adaptability by effectively working across various hospital units each shift, ensuring patient safety through direct monitoring and alternative measures. • Communicated care plans with patients and their families during hospital stays and in preparation for discharge, enhancing understanding and adherence to medical guidance. • Assisted patients with activities of daily living, including personal hygiene, mobility, and meal setup to promote independence. • Utilized Paragon and Epic electronic charting systems to accurately document patient information, and served as a scribe for emergency room traumas, assisting medical staff during critical situations.		

Hobbies & Interests

Outdoor adventures – skiing, hiking, and paddleboarding. I am especially excited for an upcoming hike to Havasupai Falls.

Coffee – I love connecting over coffee, whether at local cafés or hosting friends at my own coffee bar.

Reading – participating in a monthly virtual book club with classmates.

Publications

Peer Reviewed Journal Articles/Abstracts

Publication Status: *Published.*

Publication Status: *Published.*

Publication Status: *Published.*

Publication Status: *Published.*

Poster Presentation

Idaho WWAMI Medical Education Research Poster Exposition. Poster presented:

Moscow, ID, United States of America;

Idaho State University 2020 Spring SSPE Research Symposium. Poster presented:

Pocatello, ID, United States of America;

Oral Presentation

presentation: Western Medical Research Conference; Carmel, CA, United States of America.

. Oral presentation: National AHEC Organization Scholar Led Presentation Series; Moscow, ID, United States of America.

Oral presentation: National AHEC Organization Scholar Led Presentation Series; Moscow, ID, United States of America.

. Oral presentation: Western Medical Research Conference; Carmel, CA, United States of America.

. Oral presentation: Western Medical Research Conference; Carmel, CA, United States of America.

Non-Peer Reviewed Online Publication

Publication Status: *Published.*

Proficient Languages

- English

Hometown(s)

City,State/Province	Country	Postal Code	Setting
	<i>United States of America</i>		<i>Rural/Suburban</i>
	<i>United States of America</i>		<i>Rural/Suburban</i>

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: 