

General Information

Name: [REDACTED]	Applicant ID: [REDACTED]
Previous Last Name:	AAMC ID: [REDACTED]
Preferred Name:	
Designated Pronouns: <i>He/Him/His</i>	
Most Recent Medical School: <i>University of Washington School of Medicine</i>	
Clinical Campus: <i>University of Washington - Idaho WWAMI</i>	USMLE ID: [REDACTED]
Email: [REDACTED]	NRMP ID: [REDACTED]
Gender: <i>Man</i>	Participating in the NRMP Match: <i>Yes</i>
Birth Date: [REDACTED]	Participating as a Couple in NRMP: <i>Yes</i>
Authorized to Work in the U.S.: <i>Yes</i>	NRMP Partner's Name: [REDACTED]
Current Work Authorization: <i>U.S. Citizen or National, Legal Permanent Resident, Refugee, Asylee</i>	Specialties NRMP Partner is applying to: [REDACTED]
<u>Self Identification:</u> <i>White</i>	
<u>Present Mailing Address:</u> [REDACTED] [REDACTED] [REDACTED]	<u>Permanent Mailing Address:</u> [REDACTED] [REDACTED] <i>ID</i>
Preferred Phone #: [REDACTED]	Phone:
Alternate Phone #:	
Mobile #:	
Pager #:	
Fax #:	

Military Service Obligation/Deferment?	<i>No</i>
Other Service Obligation?	<i>No</i>

Geographic and Setting Preferences

Division Preference: *East North Central*

I grew up moving often, so I've learned to build community wherever I go. The East North Central region offers outstanding training opportunities, gorgeous scenery, and a vibrant culture. [REDACTED]

Division Preference: *Mountain*

I grew up moving around the mountain region: [REDACTED]. My fiancé and I have family spread across [REDACTED]. Training here would give us a strong support system as we couples match and build our lives close to those who mean the most to us.

Division Preference: *Pacific*

I've lived in six states across two countries and the West Coast feels the most like home. My fiancé and I lived in the Pacific region for medical school. With family close by, training here would keep us near loved ones while building on the joy we've found living on the West Coast.

Setting Preference: *No Preference*

I've moved often and found community in both small rural and large urban settings. My goal is to serve underserved communities, which are found in both rural and urban settings. I seek training that involves meaningful community outreach and prepares me to do the same wherever I practice.

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: *No*

Other Medical or Healthcare Certifications: No

DEA Registration

DEA Registration Number: None

Medical Education

Institution & Location	Dates Attended	Degree	Date of Degree
<i>University of Washington School of Medicine</i> <i>United States of America</i> <i>University of Washington - Idaho WWAMI</i>		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	<i>Boise State University</i> <i>Boise, ID, United States of America</i>		Yes, B.S.		Health Sciences

Postgraduate Training

None

Honors & Awards

Honor or Award Type	Name	Description	Date Received
Scholarship	<i>Anna C. Dunlap Scholarship</i>	<i>Awarded to students with a commitment to pediatric health and academic excellence.</i>	
Scholarship	<i>Blue Cross of Idaho Foundation for Health Rural Initiative Scholarship</i>	<i>Presented to students committed to pursuing a career in rural healthcare.</i>	
Scholarship	<i>Durward and Susan Huckabay Foundation Scholarship</i>	<i>Awarded for demonstrating a strong dedication to underserved patient populations.</i>	

Honor or Award Type	Name	Description	Date Received
Research	First Place Poster Presentation at Idaho Statewide Research Conference	Awarded in the Transition Trainee category for a poster on optimizing medical simulation.	
Community/Service Recognition	Outstanding Rural Underserved Opportunities Program (RUOP) Project Award	Recognized for creating a cost-free exercise guide for seniors in a rural community.	
Community/Service Recognition	Volunteer of the Month	Awarded in [REDACTED] and [REDACTED] at a community clinic for dedication to supporting underserved populations.	
Other honor or award classification	WWAMI Pro Honoree	For promoting a positive and supportive environment. Honored seven separate times by peers.	

Professional Memberships

- American Academy of Pediatrics
- Students for a National Health Program

Experiences

Medical Student			
Organization	Rural Underserved Opportunities Program	Dates	[REDACTED]
Location	Weiser, ID 83672, United States of America	Participation Frequency	Daily (recurring)
Setting	Rural	Experience Type	Education/training
Primary Focus	Community involvement/outreach	Key Characteristic	Critical Thinking and Problem Solving
Context, Roles & Responsibilities	- Supported Family Medicine preceptors for one month in a rural clinic and hospital in Weiser, Idaho, serving Washington County and surrounding areas. - Gained hands-on experience in primary care for rural underserved healthcare, managing diverse patient needs and ages in a close-knit community. - Partnered with local fitness organizations to identify exercise options for seniors, creating and distributing an exercise resource tailored to individual needs.		
Most Meaningful	Growing up in a small town, I understand the challenges of limited access to care. This month in Weiser deepened my passion for medical continuity, community engagement, and promoting active, healthy lifestyles in ways that are accessible to every patient.		

Activity Assistant			
Organization	Enabling Explorers with disABILITY	Dates	[REDACTED]

Experiences

Location	Moscow, ID 83843, United States of America	Participation Frequency	Weekly (recurring)
Setting	Rural	Experience Type	Volunteer/service/advocacy
Primary Focus	Community involvement/outreach	Key Characteristic	Communication
Context, Roles & Responsibilities	- Supported pediatric physical and occupational therapists in delivering inclusive recreational programs for children with varying abilities and their families. - Engaged one-on-one and in groups through hiking, yoga, mini-golf, and scavenger hunts to promote confidence, social connection, and physical engagement. - Assisted with program setup, facilitation, as well as creation of events, to foster awareness and inclusion for individuals with disabilities in the community.		
Most Meaningful	Inspired by a close friend's childhood injury, I've long been passionate about creating spaces where all children, regardless of ability, can play, connect, and thrive. My work with vulnerable populations has brought me joy and reinforced my commitment to creating inclusion in every setting I serve.		

Front Desk Clerk and Community Health Worker

Organization	Genesis Community Health	Dates	
Location	Garden City, ID 83714, United States of America	Participation Frequency	Weekly (recurring)
Setting	Rural/Suburban	Experience Type	Volunteer/service/advocacy
Primary Focus	Improving access to healthcare	Key Characteristic	Empathy and Compassion
Context, Roles & Responsibilities	- Volunteered weekly as both a front desk clerk and community health worker at a free clinic that addressed both the medical and holistic needs of underserved populations. - As a front desk clerk: Fostered a welcoming environment for new and returning patients and led a project to transition decades of paper records to electronic files. - As a community health worker: Connected patients with tailored community resources to address socioeconomic and healthcare needs, supporting their overall well-being. - Trained 50+ new volunteers over the four-year span, contributing to the clinic's mission and fostering a compassionate team environment.		
Most Meaningful	For four years, I came to know the patients of Genesis, many of whom were refugees or from other difficult backgrounds. I learned that quality care includes facing both health and social inequities and that meeting these needs is inseparable from medical care. Genesis is also where I met my fiancé.		

Trainer

Organization	Rock Steady Boxing	Dates	
Location	Moscow, ID 83843, United States of America	Participation Frequency	Weekly (recurring)
Setting	Rural	Experience Type	Volunteer/service/advocacy

Experiences

Primary Focus	Promoting wellness	Key Characteristic	Ingenuity and Innovation
Context, Roles & Responsibilities	- Assisted weekly in a fitness program for individuals with Parkinson's disease, targeting symptoms such as imbalance, stiffness, and tremors. - Collaborated with certified trainers to tailor exercises to each individual during 90-minute sessions. - Provided movement support and encouragement, fostering a fun and motivating environment to improve physical health, confidence, and quality of life.		

Leader

Organization	Business Medicine Interest Group	Dates	
Location	Moscow, ID 83843, United States of America	Participation Frequency	Monthly (recurring)
Setting	Rural	Experience Type	Other extracurricular activities/clubs
Primary Focus	Social justice/advocacy	Key Characteristic	Communication
Context, Roles & Responsibilities	- Organized and led events on business aspects of medicine, including running practices, navigating insurance, and advocating for patients financially. - Partnered with Students for a National Health Program (SNaHP) to present critical analyses of U.S. healthcare delivery, fostering discussion on care accessibility and equity. - Hosted guest speakers, such as a hospital CEO who expanded a single tribal health cancer institute into an expansive rural healthcare system.		

Mentor

Organization	Pre-Medical Club	Dates	
Location	Moscow, ID 83843, United States of America	Participation Frequency	Monthly (recurring)
Setting	Rural	Experience Type	Teaching/mentoring
Primary Focus	Medical education	Key Characteristic	Self Reflection and Improvement
Context, Roles & Responsibilities	- Served as a mentor for undergraduate pre-med students, advising on applications, the medical school pathway, and healthcare career exploration. - Participated in multiple pre-medical club panels, sharing insights on the challenges and rewards of medical school, helping students assess their readiness and suitability for the field. - Formed a long-term mentoring relationship with a now second year medical student.		

Pediatric Certified Nursing Assistant

Organization	St. Luke's Boise Medical Center	Dates	
Location	Boise, ID 83712, United States of America	Participation	Daily (recurring)

Experiences

		Frequency	
Setting	Suburban/Urban	Experience Type	Work
Primary Focus	Customer service	Key Characteristic	Empathy and Compassion
Context, Roles & Responsibilities	• Delivered compassionate, developmentally appropriate care to pediatric patients, ensuring comfort, safety, and emotional well-being. • Fostered strong communication with caregivers, addressing concerns, providing updates, and integrating families into the care process. • Performed essential tasks: vital signs monitoring, feeding assistance, and daily care, while maintaining a safe, fun environment for children and families. • Collaborated with nurses, physicians, and allied health professionals to support coordinated, holistic care for patients and families.		

Big Brother

Organization	Big Brothers Big Sisters of Idaho	Dates	
Location	Boise, ID 83704, United States of America	Participation Frequency	Weekly (recurring)
Setting	Rural/Suburban	Experience Type	Teaching/mentoring
Primary Focus	Community involvement/outreach	Key Characteristic	Reliability and Dependability
Context, Roles & Responsibilities	• Acted as a mentor and role model for a young boy, building a meaningful and supportive relationship through weekly activities. • Encouraged personal growth and resilience by fostering open communication and offering guidance tailored to his needs. • Demonstrated the value of ongoing learning by sharing personal experiences and modeling self-improvement.		

Youth Football Coach

Organization	Game Changers Idaho	Dates	
Location	Boise, ID 83704, United States of America	Participation Frequency	Daily (recurring)
Setting	Rural/Suburban	Experience Type	Volunteer/service/advocacy
Primary Focus	Music/Athletics/Art	Key Characteristic	Teamwork and Leadership
Context, Roles & Responsibilities	• Coached a diverse team of children with varying physical and mental abilities. • Adapted instruction to unique needs and learning styles ensuring every child felt valued. • Helped to create a positive, growth-oriented environment that encouraged skill development, teamwork and self-confidence in players of all ability.		

Experiences

Camp Counselor			
Organization	Muscular Dystrophy Association	Dates	
Location	McCall, ID 83638, United States of America	Participation Frequency	Daily (recurring)
Setting	Rural	Experience Type	Volunteer/service/advocacy
Primary Focus	Promoting wellness	Key Characteristic	Empathy and Compassion
Context, Roles & Responsibilities	- Served as a one-on-one counselor, creating a safe and inclusive environment for one of the many campers present who dealt with accessibility issues due to muscular dystrophy. - Collaborated with other counselors to support children with higher needs, fostering a team-oriented approach to care and inclusion. - Continued to support a former camper outside of camp through his growth in high school and now college.		

Hobbies & Interests

Dungeons & Dragons: Currently running a remote campaign with my hometown friends.

Making Jerky: Using a dehydrator and mixing and matching different spices to create new flavors.

Video Games: This has been a great way to keep in touch with my friends as I've travelled during medical school.

Publications**Poster Presentation**

Idaho WWAMI Medical Education Research Poster Exposition. Poster presented: .
Moscow, ID, United States of America;

Idaho Conference on Undergraduate Research. Poster presented: .
Boise, ID, United States of America;

Idaho IDeA Network of Biomedical Research Excellence (INBRE) Statewide Research Conference. Poster presented: .
Moscow, ID, United States of America;
Event

Boise State Undergraduate Research Showcase. Poster presented: .
Boise, ID, United States of America;

Idaho IDeA Network of Biomedical Research Excellence (INBRE) Statewide Research Conference. Poster presented: .
Moscow, ID, United States of America;
Event

Proficient Languages

- English

Hometown(s)

City,State/Province	Country	Postal Code	Setting
Idaho	United States of America		Rural
Kirkland, Washington	United States of America	98033	Suburban
Waikoloa Village, Hawaii	United States of America	96738	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: