

BIOGRAPHIC INFORMATION

PROFILE

Legal First Name:		Materials Under Another Name:	No
		Nickname:	—
		Former First Name:	—
Suffix:	—	Former Middle Name:	—
Sex:		Former Last Name:	—
		My First Name:	
		My Middle Name:	—
		Alternate ID:	Alternate ID Type:
			USMLE ID
			NRMP ID

BIRTH INFORMATION

Date of Birth:	
City:	
County:	
State:	
Country:	United States

CONTACT INFORMATION

Address Type:	Current	Address Type:	Permanent
Address:		Address:	
County:		County:	
Country:	United States	Country:	United States
Valid Until Date:			
Preferred Phone Number		Type:	Mobile
Email:		Type:	Home

OTHER INFORMATION

Native Language:	English	Proficiency Level:	Good
Additional Language:	Spanish		
Military Status:	Not a member of the military		
Have you ever been convicted of a Felony?			
Answer:	No		
Have you ever been convicted of a Misdemeanor?			
Answer:	No		

ACADEMIC HISTORY

COLLEGES ATTENDED

001626 [REDACTED]

Start Date:	[REDACTED]	Still Current:	No
End Date:	[REDACTED]	Primary:	Yes
State:	[REDACTED]		

Major	2nd Major/Minor	Status	Degree Name	Degree Date
Spanish	— / —	Degree Awarded	Bachelor of Arts	[REDACTED]
Biochemistry	— / Premedical	Degree Awarded	Bachelor of Science	[REDACTED]
Microbiology	— / —	Degree Awarded	Bachelor of Science	[REDACTED]

001623 NORTH IDAHO COLLEGE

Start Date:	[REDACTED]	Still Current:	No
End Date:	[REDACTED]	Primary:	No
State:	[REDACTED]		

Major	2nd Major/Minor	Status	Degree Name	Degree Date
No Degree Defined				

MEDICAL SCHOOL ATTENDED

UNIVERSITY OF WASHINGTON SCHOOL OF MEDICINE

Start Date:	[REDACTED]	Still Current:	Yes
End Date:	[REDACTED]	Primary:	Yes
State:	Washington	Country:	United States

Medical Degree	Degree Date	Status	Non-Medical Degree(s)
Doctor of Medicine (M.D.)	[REDACTED]	Degree Expected	—

USMLE

USMLE ID:	[REDACTED]
Prep Date:	[REDACTED]
Received Date:	[REDACTED]

Exam Step	Test Date
STEP1	[REDACTED]
STEP2CK	[REDACTED]

SUPPORTING INFORMATION

EXPERIENCE

* Experience Type:	Extracurricular Activity or Club	Experience Dates:	
Recognition Type:	Received Academic Credit	Status:	Part-time
Title:	Global Health Pathway Scholar	Hours per Week:	10
Employer:	University of Washington School of Medicine 1959 NE Pacific St Seattle Washington 98195 United States	Total Weeks:	45
		Total Hours:	450
		Experience Details:	- Participated in the Global Health Integration Program consisting of 9 weeks spent in Dhulikhel, Nepal working on community health focused projects. The project resulted in an educational pamphlet and video about breastfeeding practices. - Completed coursework, service projects, and international experiences. Developed awareness of disease burdens in developing countries, gained understanding of global health disparities, provided care through cultural frameworks, and gained experience with international research. - Will complete 6 week clinical elective abroad during 4th year.
		Experience Domain:	Global Health
		Experience Competency:	Cultural Humility

Experience Type:	Extracurricular Activity or Club	Experience Dates:	
Recognition Type:	Volunteer	Status:	Part-time
Title:	Ultrasound Interest Group Leader	Hours per Week:	4
Employer:	University of Washington School of Medicine - Idaho Foundations 121 W Sweet Ave Moscow Idaho 83843 United States	Total Weeks:	24
		Total Hours:	96
		Experience Details:	- Assisted with a 16-week elective course providing Idaho medical students with an introduction to point-of-care ultrasound. - Facilitated pediatric echocardiography teaching event, ultrasound guided IV access training event, and multiple youth outreach events.
		Experience Domain:	Medical Education
		Experience Competency:	Leadership

SUPPORTING INFORMATION CONTINUED

EXPERIENCE

* Experience Type: Research Recognition Type: Volunteer Title: Pediatric and Adolescent Gynecology Research Assistant Employer: University of Washington School of Medicine 1959 NE Pacific St Seattle Washington 98195 United States	Experience Dates: [REDACTED] Status: Part-time Hours per Week: 5 Total Weeks: 6 Total Hours: 30 Experience Details: - Entered data and evaluated surgical pathology findings for adolescents presenting with abdominal pain suspicious for endometriosis working with [REDACTED] - Authored a case report of hematosalpinx in a patient with Goldenhar Syndrome. - Transferred pediatric pelvic pain data from surveys to online system and co-authored an abstract with a multidisciplinary pediatric pain clinic team for World Congress of Pediatric and Adolescent Gynecology conference in 2026. - Created a virtual poster to be presented at AAGL 2025 conference on Minimally Invasive Gynecologic Surgery.
	Experience Domain: Community and Population Health Experience Competency: Critical Thinking
Experience Type: Research Recognition Type: Volunteer Title: Student Researcher Employer: University of Idaho 875 Perimeter Dr Moscow Idaho 83843 United States	Experience Dates: 08-26-2019/ Current Status: Part-time Hours per Week: 10 Total Weeks: 150 Total Hours: 1500 Experience Details: - Completed undergraduate research in neuroplasticity and developmental biology including wet lab research using mouse retinal models and presentation. - Compared immune response to breast milk with formula in piglet models. Analyzed survey research into infant feeding alterations due to formula shortages. Assisted in study design of breast milk impact on infant immune development using clinical setting. - Currently working on a clinical research project in psychometric analysis of physical injury recovery and targetable psychological traits for improved healing.
	Experience Domain: Community and Population Health Experience Competency: Critical Thinking

SUPPORTING INFORMATION CONTINUED

EXPERIENCE

Experience Type:	Teaching/Mentoring	Experience Dates:	
Recognition Type:	Volunteer	Status:	Part-time
Title:	Advanced Anatomy Elective Teaching Assistant	Hours per Week:	2
Employer:	WWAMI Anatomy Training Lab 803 S Main St Moscow Idaho 83843 United States	Total Weeks:	10
		Total Hours:	20
		Experience Details:	- Taught basic anatomy and dissection skills to first-year medical students using the skills gained the previous year taking the same advanced anatomy elective. - Covered the importance of respecting donor bodies throughout the dissection process. - Prosected retroperitoneal view of the adrenal glands and kidneys. - Assisted with exam study sessions for students.
		Experience Domain:	Medical Education
		Experience Competency:	Accountability/Conscientiousness

Experience Type:	Teaching/Mentoring	Experience Dates:	
Recognition Type:	Volunteer	Status:	Part-time
Title:	Pre-medical Mentoring	Hours per Week:	3
Employer:	WWAMI Pre-med Mentors Program 121 W Sweet Ave Moscow Idaho 83843 United States	Total Weeks:	20
		Total Hours:	60
		Experience Details:	- Met with K-12 students one-on-one as well as presented to classes regarding the process of transitioning successfully from high school to college and the diverse opportunities for careers in medicine, highlighting personal experiences in medical school. - Mentored pre-medical students within Idaho on an individual basis regarding class schedules, application timeline, MCAT preparation, study materials, and personal statement preparation and review.
		Experience Domain:	Medical Education
		Experience Competency:	Accountability/Conscientiousness

SUPPORTING INFORMATION CONTINUED

EXPERIENCE

Experience Type: Volunteer/Service
Recognition Type: Volunteer
Title: Rock Steady Boxing Volunteer
Employer: [REDACTED]

Experience Dates: [REDACTED]
Status: Part-time
Hours per Week: 2
Total Weeks: 6
Total Hours: 12
Experience Details:

- Participated as a teaching aide in sessions designed to promote maintaining motor function and social activity for individuals with Parkinson's disease.
- Aided in set-up and take-down from the classes.

Experience Domain: Patient Safety
Experience Competency: Interpersonal and Communication Skills

Experience Type: Volunteer/Service
Recognition Type: Volunteer
Title: Wellness Council Representative
Employer: UWSOM Idaho Foundations
121 W Sweet Ave
Moscow
Idaho 83843
United States

Experience Dates: [REDACTED]
Status: Part-time
Hours per Week: 2
Total Weeks: 40
Total Hours: 80
Experience Details:

- Communicated student needs, based on informal surveys, to school wellness council and applied for grants to support those needs.
- Organized events for student wellness such as holiday parties, support days, inaugural Idaho WWAMI Prom, and volleyball games. Designed event to support moral prior to the start of clinical rotations through messages from classmates.
- Regularly conferred with students, promoted wellness resources, and met with faculty locally to collaborate on improvements when needed.

Experience Domain: Well-Being
Experience Competency: Situational Awareness

SUPPORTING INFORMATION CONTINUED

EXPERIENCE

Experience Type:	Volunteer/Service	Experience Dates:	
Recognition Type:	Volunteer	Status:	Part-time
Title:	Blood Drive Service Project Lead	Hours per Week:	8
Employer:	UWSOM Idaho Service Projects 121 W Sweet Ave Moscow Idaho 83843 United States	Total Weeks:	5
		Total Hours:	40
		Experience Details:	- Organized three blood drives in collaboration with the local Red Cross. - Advertised blood drives, reserved spaces, recruited medical student volunteers, and volunteered at sign-in table. - Mentored the coordinators for the following class and assisted in transitioning leadership for subsequent blood drives.
		Experience Domain:	Public Health
		Experience Competency:	Leadership

Experience Type:	Volunteer/Service	Experience Dates:	
Recognition Type:	Volunteer	Status:	Part-time
Title:	UWSOM Pharmacology Student Block Partner	Hours per Week:	2
Employer:	University of Washington School of Medicine 121 W Sweet Ave Moscow Idaho 83843 United States	Total Weeks:	20
		Total Hours:	40
		Experience Details:	- Met with peer student block partners and faculty representatives from all five states to evaluate the curriculum from each block. - Focused my curriculum feedback on pharmacology. As pharmacology is a longitudinal segment of all blocks, this included key involvement at each block review session. - Proposed changes to curriculum such as reformatting pharmacology study resources, altering test timing, reorganizing lectures, and sharing resources between UWSOM sites in different states.
		Experience Domain:	Medical Education
		Experience Competency:	Innovation

SUPPORTING INFORMATION CONTINUED

EXPERIENCE

Experience Type:	Work	Experience Dates:	
Recognition Type:	Compensated	Status:	Part-time
Title:	Registered Medical Assistant	Hours per Week:	25
Employer:		Total Weeks:	26
		Total Hours:	650
		Experience Details:	- Interacted with a wide variety of medical workers including medical assistants, nursing assistants, nurses, nurse practitioners, gastroenterology physicians and sub-specialized general surgeons. - Roomed patients, prepared chart history information, inventoried supplies, sanitized rooms, and coordinated care with other facilities for patients.
		Experience Domain:	Direct Patient Care
		Experience Competency:	Teamwork
* Experience Type:	Work	Experience Dates:	
Recognition Type:	Compensated	Status:	Per-Diem
Title:	Certified Nursing Assistant	Hours per Week:	12
Employer:		Total Weeks:	40
		Total Hours:	480
		Experience Details:	- Assisted patients with activities of daily living, such as dressing, bathing, toileting, and eating. - Communicated with nurses, physical therapists, speech therapists, and occupational therapists to provide specialized care to individuals recovering from traumatic brain injuries, strokes, and spinal cord injuries. - Participated in sign-out communications with other healthcare teams. - Gained valuable insight into the impact of daily minutia on patients and healthcare workers. Explored the rewarding and challenging aspects of medicine and appreciated the profound value of compassion
		Experience Domain:	Direct Patient Care
		Experience Competency:	Resilience

CUSTOM QUESTIONS

HOBBIES AND INTERESTS 1

* 1. Description:

Answer: I have a 5-year-old [REDACTED] We spend lots of time getting outdoors, finding hiking trails, dog parks, dog-friendly beaches, playing fetch, and meeting other dogs and their owners. Throughout medical school he has been a great reminder to get outside and enjoy the small things in life.

* 2. Title:

Answer: Dog Owner

HOBBIES AND INTERESTS 2

* 1. Description:

Answer: From global health trips, to vacation I have developed a love for seeing places all over the globe and learning more about other cultures. I grew up roadtripping all over the US with my parents and 3 siblings and finding unique restaurants, museums, and views in new spots was a goal from a young age.

* 2. Title:

Answer: Travel

HOBBIES AND INTERESTS 3

* 1. Description:

Answer: Having always been an absolute bookworm, the limited time for reading in medical school forced me to get acquainted with audiobooks and library apps. Now while meal prepping, cleaning, or walking the dog I am an avid listener of books, and when the time presents itself, I enjoy sitting down to read a solid version. Recently organized a bookclub with classmates to help us stay connected during rotations.

* 2. Title:

Answer: Reading

NON-MEDICAL EMPLOYMENT 1

* 1. Average Weekly Hours:

Answer: 10

* 2. Description of duties:

Answer: Worked at the cash register, handled customer returns and complaints, completed online order fulfillment, and organized and did inventory of merchandise.

CUSTOM QUESTIONS CONTINUED

NON-MEDICAL EMPLOYMENT 1

* 3. Number of Weeks:

Answer: 32

* 4. Organization:

Answer: Ross Dress for Less

* 5. Job Title:

Answer: Sales Associate

* 6. Competencies:

Answer: Conflict Resolution

* 7. Domains:

Answer: Customer service

* 8. Start date:

Answer: [REDACTED]

* 9. End Date:

Answer: [REDACTED]

NON-MEDICAL EMPLOYMENT 2

* 1. Average Weekly Hours:

Answer: 25

* 2. Description of duties:

Answer: Provided job support and assessment for individuals with intellectual disabilities, such as job skills training, social skill improvement, and professionalism training. Worked with a variety of program participants in positions from library aide to thrift store employee.

* 3. Number of Weeks:

Answer: 8

CUSTOM QUESTIONS CONTINUED

NON-MEDICAL EMPLOYMENT 2

- * 4. Organization:
Answer: TESH Inc.
- * 5. Job Title:
Answer: IDVR Summer Youth Employment Program Job Support
- * 6. Competencies:
Answer: Interpersonal and Communication Skills
- * 7. Domains:
Answer: Diversity and Equity
- * 8. Start date:
Answer: [REDACTED]
- * 9. End Date:
Answer: [REDACTED]

NON-MEDICAL EMPLOYMENT 3

- * 1. Average Weekly Hours:
Answer: 15
- * 2. Description of duties:
Answer: Order back check, food delivery, bussing tables, cleaning throughout the building, inventory, preparing food items, and customer satisfaction resolution.
- * 3. Number of Weeks:
Answer: 30
- * 4. Organization:
Answer: Panera Bread

CUSTOM QUESTIONS CONTINUED

NON-MEDICAL EMPLOYMENT 3

- * 5. Job Title:
Answer: Associate
- * 6. Competencies:
Answer: Teamwork
- * 7. Domains:
Answer: Customer service
- * 8. Start date:
Answer: [REDACTED]
- * 9. End Date:
Answer: [REDACTED]

PRESENTATIONS 1

- * 1. Authors/Presenters:Use the following format: Last Name, First Initial Middle Initial
Answer: [REDACTED]
- * 2. Presentation Type:
Answer: Poster Presentation
- * 3. Country:
Answer: Canada
- * 4. Date:
Answer: [REDACTED]
- * 5. Presentation Title:
Answer: [REDACTED]

CUSTOM QUESTIONS CONTINUED

PUBLICATIONS 2

* 5. Authors: Use the following format: Last Name, First Initial Middle Initial

Answer: [REDACTED]

* 6. Year

Answer: [REDACTED]

* 7. Publication Status:

Answer: Accepted

HONORS AND AWARDS 1

* 1. Brief Description:

Answer: Award recognizing community-based research projects at the Idaho Cohort Summer research symposium for the University of Washington School of Medicine for my poster: [REDACTED]

* 2. Presenting organization:

Answer: University of Washington School of Medicine

* 3. Award or Honor Name:

Answer: [REDACTED]

* 4. Awarded on

Answer: [REDACTED]

HONORS AND AWARDS 2

* 1. Brief Description:

Answer: Research grant and accompanying scholarship for research on the proposed project of Functional Testing of STAT3 in neural development and plasticity. The research lasted one and a half years and the fellowship required a presentation of the research conclusions at the end of this time.

* 2. Presenting organization:

Answer: University of Idaho College of Science

CUSTOM QUESTIONS CONTINUED

HONORS AND AWARDS 2

* 3. Award or Honor Name:

Answer: [REDACTED]

* 4. Awarded on

Answer: [REDACTED]

HONORS AND AWARDS 3

* 1. Brief Description:

Answer: Acceptance into limited cohort courses over the span of a school year including education about global health topics designed for international studies majors. Mentorship and guidance provided to write a policy paper, my chosen topic was: [REDACTED]

* 2. Presenting organization:

Answer: University of Idaho Martin Institute

* 3. Award or Honor Name:

Answer: [REDACTED]

* 4. Awarded on

Answer: [REDACTED]

AWARDS 4

* 1. Brief Description:

Answer: Competitive merit-based scholarship from Idaho for high achieving students pursuing degrees within the state of Idaho.

* 2. Presenting organization:

Answer: Idaho Governor's Cup

* 3. Award or Honor Name:

Answer: Idaho Governor's Cup Scholarship

CUSTOM QUESTIONS CONTINUED

HONORS AND AWARDS 4

* 4. Awarded on

Answer: [REDACTED]

HONORS AND AWARDS 5

* 1. Brief Description:

Answer: Nationally competitive award for members of the Phi Eta Sigma Honor Society for philanthropic, academic, and club specific achievements and commitments.

* 2. Presenting organization:

Answer: Phi Eta Sigma Honor Society

* 3. Award or Honor Name:

Answer: Phi Eta Sigma Undergraduate Distinguished Member Scholarship

* 4. Awarded on

Answer: [REDACTED]

HONORS AND AWARDS 6

* 1. Brief Description:

Answer: Nationally competitive award for academic merit and support of further career pursuits in education.

* 2. Presenting organization:

Answer: Phi Kappa Phi Honor Society

* 3. Award or Honor Name:

Answer: Phi Kappa Phi Fellowship for Graduate/Professional Studies

* 4. Awarded on

Answer: [REDACTED]

CUSTOM QUESTIONS CONTINUED

HONORS AND AWARDS 7

- * 1. **Brief Description:**
Answer: Award for medical students pursuing education in Idaho with academic excellence and financial need.
- * 2. **Presenting organization:**
Answer: University of Idaho WWAMI Scholarship Foundation
- * 3. **Award or Honor Name:**
Answer: [REDACTED]
- * 4. **Awarded on**
Answer: [REDACTED]

HONORS AND AWARDS 8

- * 1. **Brief Description:**
Answer: Award for promising students at the University of Washington School of Medicine.
- * 2. **Presenting organization:**
Answer: University of Washington School of Medicine
- * 3. **Award or Honor Name:**
Answer: [REDACTED]
- * 4. **Awarded on**
Answer: [REDACTED]

HONORS AND AWARDS 9

- * 1. **Brief Description:**
Answer: Completion of honors program with completion of bachelor's degree(s) and additional requirements for honors coursework and presentations meriting higher level of award.
- * 2. **Presenting organization:**
Answer: University of Idaho Honors Program

CUSTOM QUESTIONS CONTINUED

HONORS AND AWARDS 9

- * 3. Award or Honor Name:
Answer: University of Idaho Honors Scholar Award

- * 4. Awarded on
Answer: [REDACTED]

MEDICAL SCHOOL TYPE

- * 1. Did you attend an allopathic medical school or an osteopathic medical school?
Answer: I attended an allopathic medical school.

ALPHA OMEGA ALPHA

- * 1. Indicate your induction status into Alpha Omega Alpha.
Answer: Not Inducted

GOLD HUMANISM HONOR SOCIETY (GHHS)

- * 1. Please indicate your induction status into the Gold Humanism Honor Society (GHHS).
Answer: My school does not have a GHHS chapter.

GEOGRAPHIC CONNECTIONS 1

- * 1. State/Province:
Answer: Idaho
- * 2. Country:
Answer: United States
- * 3. What connection do you have to this location?
Answer: Hometown. I have a love for the Pacific Northwest and the West Coast in general. Anywhere within a 3-hour flight is considered close to home for me at this point.
- * 4. City/Town:
Answer: [REDACTED]

CUSTOM QUESTIONS CONTINUED

GEOGRAPHIC CONNECTIONS 2

* 1. State/Province:

Answer: Illinois

* 2. Country:

Answer: United States

* 3. What connection do you have to this location?

Answer: I grew up visiting my aunt and her family in [REDACTED] I have developed a fondness for the kindness of the people and the open skies of the Midwest.

* 4. City/Town:

Answer: [REDACTED]

GEOGRAPHIC CONNECTIONS 3

* 1. State/Province:

Answer: New Hampshire

* 2. Country:

Answer: United States

* 3. What connection do you have to this location?

Answer: My aunt and uncle live in [REDACTED] and I have had the pleasure of visiting to enjoy the Northeast, especially in the fall. The mountains and snowy winters feel just like home.

* 4. City/Town:

Answer: [REDACTED]

REGISTER FOR THE MATCH

* 1. I plan to participate in the NRMP Match:

Answer: Yes