My Summer Brody Scholars project was designing and enacting a one-week curriculum for the Brody RISE program. The Brody RISE Pre-college program provides academic enrichment and healthcare exposure to learners from diverse backgrounds. In keeping with the Brody School of medicine’s mission, Brody Rise desires to increase the supply of primary care physicians serving the state, in hopes of improving the health status of citizens of eastern North Carolina and also to enhance the access of disadvantaged and minority students to medical education. Brody RISE meets learners where they are, across the spectrum of academic accomplishments and the spectrum of grade level including
individuals from middle to high school. This program helps learners rise to a career in medicine and increase leadership skills and professionalism.

The curriculum I designed for the 34 students participating in the summer Brody RISE program entailed a weeklong program of different learning events and topics my colleagues and I would teach the students. The first day entailed splitting the group into 2 groups one group working in the Laupus library with the virtual lab and the other group working in a skeletal anatomy session. Tuesday involved bringing the students to the Brody microbiology lab where they were able to look at microbes under the microscope. Wednesday involved a presentation on diet, nutrition, and exercise given by me, followed by an exercise in the Health Science student gymnasium where students did a series of exercises like walking, volleyball, jump roping, or basketball and tracked their heart rate for each station. Finally, Thursday we designed a simulation lab day where we taught students how to administer an EpiPen when a person is in anaphylaxis.
This project helped me develop as a leader, presenter, and researcher. This project prepared me for a future of leadership where I hope to be a leading figure in my community. A person that is trusted by my peers and sought out by those who need help entering and navigating the healthcare system. I hope to be a physician that can disseminate seminal health information, information that will help my patients and members of my community live better and healthier lives.