

Annette New Dawn Sampson

REGISTERED NURSE

Annette works as a clinical nurse for Indian Health Service in Warm Springs, serving Native American people who live in the community. She supervises patient cases, triages care and provides a full range of services from immunizations to allergy shots, wound care, birth control services, acute care and pregnancy care through delivery.

"I think the best thing is being able to see my patients on an ongoing basis," Annette said. "We see them through prevention, acute illnesses, chronic illnesses and hopefully through them getting well. And not just that - their family members, their kids, their grandmas."

BRINGING UNDERSTANDING

Annette is a member of the Confederated Tribes of the Umatilla Indian Reservation, which encompasses three bands - Umatilla, Cayuse and Walla Walla.

While a college student, she job shadowed at an Indian Health Service clinic. "My eyes were opened to the world of nursing in Indian country," Annette said.

FUTURE PLANS

She is applying to three-year graduate programs with plans to become a family nurse practitioner. She would begin in Fall 2019, but expects to return to providing care in or near a Native American community when she completes her education.

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Registered Nurse

"This is the future of our tribes. I think I will always work in native communities because it's such a joy to not just give back but learn from my patients."

Applying for 3-year graduate nurse practitioner programs.

Began working in Indian Health Services full time.

Became a mom

Graduated from OHSU in 2013 with a bachelor's degree in nursing.

Became a nurse

Graduated with an associate degree in nursing from Blue Mountain Community College.

"My advisor helped me set up the path to apply for the nursing program."

Did job shadow at an IHS clinic.

"You have to face that failure sometimes, to realize you just need to find a different route."

Attended Whitman College for one semester, before leaving for community college.

Graduated from Nixyaawii Community School in 2007.

"Classes were enriched with tribal treaty rights, learning my native language and culture."

Participated in College Horizons, a preparatory program for native students.

STARTED HERE

One of eight kids, raised by her mom and stepdad.



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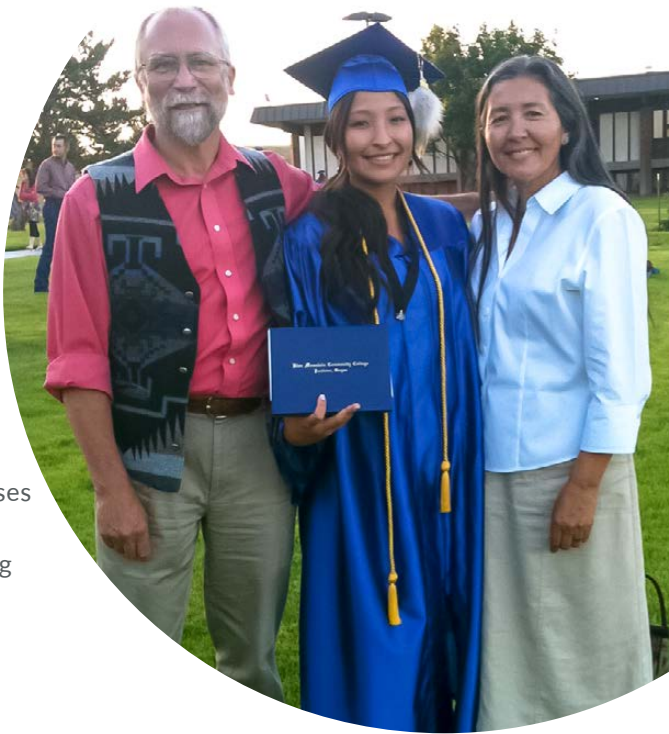
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Annette New Dawn Sampson
 Registered Nurse and Future Nurse Practitioner
 Blue Mountain Community College / Oregon Health & Science University

Bachelor of Science in Nursing

WHAT ANNETTE STUDIED



Annette discovered the benefit of community colleges early on, taking classes while in high school and then achieving both her associate’s degree and nursing program prerequisites. This prepared Annette for an OHSU nursing program that let her study online and get clinical experience close to home.

The library, tutoring center and Native Student Unions provided her with essential friendship and support.

“Staying active in the Native Student Unions always helped me stay focused on my studies and engage in leadership roles,” Annette said.

Here’s a snapshot of the college path that led Annette to her registered nurse job:

YEAR ONE

(Whitman University and Yakima Valley Community College)

FALL

- General Psychology
- Human Anatomy and Physiology
"We memorized all the muscles and bones and even got to work on a cadaver, which was a little creepy."
- Microbiology
- English Composition
- Applied Strings

WINTER

- Human Anatomy and Physiology
- Elementary Chemistry
- Human Development
- General Sociology
"I enjoyed the break from math and science. We discussed feelings and emotions."

SPRING

- Human Anatomy & Physiology
- Elementary Chemistry
- Technical Writing

SUMMER

- Introduction to Cultural Anthropology

YEAR TWO

(Blue Mountain Community College)

"I made the library my home for research, participated in study groups and also could be found frequently in the tutoring center."

FALL

- Fundamentals of Nursing
- Health Assessment
- Healthcare CPR

WINTER

- Medical –Surgical Nursing Pharmacology
"This class involved intense memorizing and studying."
- Nursing Skills and Laboratory
"I received support from my tribe, the Confederated Tribes of the Umatilla Indian Reservation, through scholarship and working as a college intern."

SPRING

- Medical –Surgical Nursing Pharmacology

YEAR THREE

(Blue Mountain Community College)

"Being a patient advocate, being able to advocate about not just their meds and treatment but also their lifestyle choices, that's always a long-term goal of mine when I'm working with a patient, and uses skills I learned in college."

FALL

- Psychiatric/Community Nursing
"Working at the local prison was an eye opener to strict security protocols while providing the best care."
- Nursing Skills Lab
- CPR Recertification

WINTER

- Nursing Skills Lab
- Maternal/Neonatal and Women’s Health

SPRING

- Advanced Medical–Surgical Nursing
- RN Review

YEAR FOUR

(OHSU)

FALL

- Health promotion & pathophysiology – Chronic illness/end of life

WINTER

- Epidemiology
- Integrative practicum
"A fresh look at health promotion, we looked at how to reduce risk and disease by prevention."

SPRING

- Population based care
"A fun clinical at a day care, I got to play with students and look into developmental issues and health prevention/promotion."

SUMMER

- Population based care

YEAR 5

(OHSU)

FALL

- Integrative practicum

WINTER

- Leadership & Outcome Management – Nursing topics guided discovery I

SPRING

- Leadership & Outcome Management – Nursing topics guided discovery II

SUMMER

- Acute Care II and End of life – Integrative practicum

ONTRACKOHSU!

Azalea Martinez, B.S.

COMMUNITY LIAISON

Azalea works for ONTRACKOHSU! at Woodburn High School's Wellness, Business and Sports School. She mentors students interested in health and science careers. The program is designed for students in sixth grades through college.

She keeps office hours during and after school, answering student questions about college preparation and future jobs. She helps them stay accountable. Azalea continues to stay connected to college students through social media, text and email.

GIVING BACK

Helping minority students pursue careers in health and STEM fields can improve their communities. "It's ultimately going to put the community in a better place, especially if the students come back and work, volunteer or give back to their community after college."

FUTURE PLANS

"I'm very happy and proud of what I do right now. I would love to do this for a long time. But I would also hope to refine my skills enough to mentor people and programs who are looking to involve the community and the people they work with."

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"I help students with career exploration and college preparation, decreasing stress in their lives while they work toward their goals."

ONTRACKOHSU! Community Liaison

Started her new job in Woodburn.

Graduated with a B.S. in Public Health (Health Promotion and Health Behavior)

Completed a mental health-focused internship at OSU's Centro Cultural César Chavez.

Worked at OSU's Cultural Resource Centers, gaining experience through student interactions, event planning and program facilitation.



"Something that I really appreciate about ONTRACKOHSU! is that we try and expose students as much as possible to a variety of health and science careers."

Discovered the vast array of health careers, and changed her major to Public Health.

Enrolled at Oregon State University as a General Science major.

"If it wasn't for her, I would not have gone to OSU. That one person really made a difference."

Learned about OSU's CAMP program that assists students from migrant families. There she found her lifelong mentor.

Challenged herself in Woodburn High School's Academy of International Studies.

STARTED HERE
Daughter of Mexican immigrants



Azalea Martinez
 Community Liaison, ONTRACKOHSU!
 Oregon State University graduate

Bachelor of Science in Public Health
 with a minor in Sociology

WHAT AZALEA STUDIED

She knew she wanted to work in a health field, possibly as a nurse, though Azalea didn't realize how many choices she had. As a student at Oregon State University, she learned more about what she loved (public health courses and working with young people in the community) and what she didn't like as much (chemistry and algebra.) The College Assistance Migrant Program (CAMP), where she connected with other Latino youths and received guidance from a mentor, gave her a positive start.

WHAT IS PUBLIC HEALTH?

This science looks at disease prevention in groups of people, considering overall wellbeing – from physical to social to environmental – to best meet their needs.



Here's a snapshot of the college path that led Azalea to her Community Liaison job:

FRESHMAN YEAR

MAJOR: General Science with an option in nursing

FALL:

CAMP Orientation
 General Chemistry I
"Yikes, this was hard!"
 Interpersonal Communication
 Algebraic Foundations
 Intro to Expository Writing

WINTER:

General Chemistry II
 Social and Individual Health Determinants
"My first exposure to public health."
 Algebraic Reasoning

SPRING:

General Chemistry III
"It got better!"
 College Algebra
 English Composition
 CAMP support classes in College Algebra and English Composition

SOPHOMORE YEAR

MAJOR: General Science

FALL:

Contemporary Families in the U.S.
 Lifetime Fitness for Health
 General Psychology
 Introduction to Sociology
 Principles of Statistics
"Turns out I didn't like algebra, but I loved stats."

WINTER:

Introduction to Microeconomics
 Introduction to Public Health
 Math for Management, life and social sciences
"I realized business wasn't for me."
 Introduction to Poetry

SPRING:

The Holocaust in Lit and Film
 Plagues, Pests and Politics
 German Dictatorships
 Intro to Health Care Systems

JUNIOR YEAR

MAJOR: Public Health

FALL:

Sustainability for Common Good
 Introduction to Health Policy
 Introduction to Human Disease
 Foundations of Environmental Health
 Foundations of Epidemiology

WINTER:

General Biology II
 Health Field Experiences
"We learned about different careers in the health field."

Health Program Planning
"This was the most intensive writing class I've taken. We designed and wrote our own intervention programs."

Cardio Combo

SPRING:

Introduction to Ethnic Studies
 HIV/AIDS & STIS in Modern Society
 Global Public Health
 Seminar: Pre Internship
 General Human Nutrition

SENIOR YEAR

MAJOR: Public Health

MINOR: Sociology

FALL:

Sociology of the Family
 Deviant Behavior and Social Control
 The Sociology of Globalization

WINTER:

Juvenile Delinquency
"I learned about the youth criminal justice system, and worked with Hillcrest Youth Correctional Facility."
 Criminology and Penology
 Collective Behavior
"We talked about dance crazes, Bigfoot, aliens and the social science behind why people think they see/believe these things."

Social Movements

SPRING:

General Biology III
"Finally, a bio class I liked. This one related biology to the human body."
 Public Health Internship
"I did my internship at the Centro Cultural César Chavez to bring mental health awareness to the Latino community."

ONTRACKOHSU!

EXPLORING HEALTH SCIENCE CAREERS

Ireli Hernandez Future Certified NURSE MIDWIFE

Ireli has bachelor's degrees in biology from Southern Oregon University and nursing from OHSU's School of Nursing. She is a student in OHSU's Doctor of Nursing Practice – Nurse Midwifery program.

This program includes first-year classes such as Advanced Physiology/Pathophysiology, Advanced Pharmacology, Reproductive Care and Antepartum/Postpartum/Intrapartum (during pregnancy/after delivery/during labor) Care Management. She studies 30 to 40 hours weekly.

BUILDING DIVERSITY

Ireli's first exposure to healthcare was translating at medical appointments for her Spanish-speaking parents. They encouraged higher education, making it feel attainable for her to become a first-generation college graduate.

"Latinos in the nursing field are underrepresented. I hope to help expand a diverse nursing workforce, and improve care to diverse populations."

FUTURE PLANS

After graduate school, Ireli will be a Certified Nurse Midwife (CNM), working with women from adolescence throughout their lives. She will treat women's health issues, offer antepartum/postpartum care, deliver babies and provide newborn care.

"The nursing field is a challenging and stimulating career with a rewarding human experience. I hope to provide outreach to Latino mothers and babies, and provide individualized care."

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"I feel deeply connected with maternal/child health. I was a teen parent, and now want to advocate for women of all ages. Nurse midwifery is a perfect fit for me."

Doctor of Nursing Practice Student/
Future Certified Nurse Midwife

Moved to Portland with her 11-year-old son.

Enrolled in OHSU's Doctor of Nursing Practice – Nurse Midwifery program in Fall 2017

Enrolled in OHSU's three-year nursing program on the Ashland campus. Graduated 2017.

"My son was still young. Moving away from our family support system would have been challenging."



"My classes made me eligible to apply to medical, nursing or physician assistant school, all healthcare tracks that I considered."

Received a BS in Biology from SOU.

Job shadowed a doctor during an obstetrics and gynecology internship.

"Our university was fortunate to have human cadavers, which allowed for visual representation of the human body."

Enjoyed anatomy and physiology courses, including hands-on labs.

Graduated from South Medford High School with honors.

Enrolled at Southern Oregon University.

Became a mom at age 15.

STARTED HERE
Born in Mexico.
Raised in Medford.



Ireli Hernandez
 Graduate Student/Future Certified Nurse Midwife
 Southern Oregon University/OHSU School of Nursing graduate

Bachelor of Science in Biology / Bachelor of Science in Nursing

WHAT IRELI STUDIED

Ireli's biology degree gave her many options for further pursuing her education. She chose nursing followed by an advanced nursing degree. Taking summer classes made it possible for her to lighten her course load during the school year.

She appreciated the small size of the programs. "It allowed me to connect and interact with my professors and other students, and get involved on campus."



Here's a snapshot of the college path that led Ireli to her Doctor of Nursing Practice graduate program:

FRESHMAN YEAR

Major: Biology

FALL

Human Anatomy and Physiology I
"Although challenging, this was my favorite course."
 Intermediate Algebra
 University Seminar
 University Transitions

WINTER

Human Anatomy & Physiology II
 Health and Society I
 Elementary Statistics
"Not a huge fan of math, but I loved stats!"

SPRING:

Human Anatomy & Physiology III
 Honors Intro to Criminology
"I learned criminology is not for me."
 General Psychology
 University Seminar

SOPHOMORE YEAR

Major: Biology
 Minor: Psychology

FALL

Principles of Biology: Molecules
 General Chemistry I + Lab
 Precalculus I: College Algebra

WINTER

Principles of Biology: Evolution
 Chemical Problem Solving
 General Chemistry II + Lab
 Nutrition
 Applied Inferential Statistics

SPRING

Principles of Biology: Ecology
 Precalculus II
 PE/Zumba
"Fun class for self-care!"
 Human Sexuality
"This course allowed me to appreciate psychology."

SUMMER

Calculus I
 Abnormal Psychology

JUNIOR YEAR

Major: Biology
 Minor: Psychology

FALL

Comparative Animal Physiology
 Genetics
 Advanced Human Anatomy/Physiology I
"I loved anatomy so much that I decided to do the advanced courses."

WINTER

Cell Biology
 Advanced Human Anatomy/Physiology II
 Media Across Cultures

SPRING

Developmental Biology
 Advanced Human Anatomy/Physiology III
 Senior Research Seminar
 General Chemistry III + Lab
 Spanish Language/Culture III

SUMMER

Principles of Organic Chemistry I
"Yikes, this course was hard!"
 Principles of Organic Chemistry II

SENIOR YEAR

Major: Biology
 Minor: Psychology

FALL

Practicum
 Principles of Organic Chemistry Lab
 General Physics I + Lab
 Death and Dying (psychology)

WINTER

Practicum
 Evolution
 Evolution Recitation
 General Physics II + Lab
 Organizational Psychology

SPRING

Introduction to Ecology
 Microbiology + Lab
 Capstone Thesis
 Capstone Practicum
"I compared adverse birth outcomes in teenage vs. non-teenage pregnancies with statistical analysis of Oregon birth records."
 General Physics III + Lab
 Personality (psychology)

NURSING SCHOOL

Major: Nursing

YEAR ONE

Foundations of Nursing
 Health Promotion Theory
 Foundations of Nursing
 Health Promotion
 Practicum
 Pharmacology I
 Pathophysiology I
 Foundations of Nursing
 Chronic Illness I

YEAR TWO

Nursing in Acute Care II (Theory + Clinical)
 Nursing in Chronic Illness II and End-of-Life (Theory + Clinical)
 Populations Based Care

YEAR THREE

Nursing Leadership in Health Care Delivery Systems (Theory + Clinical)
 Integrative Practicum I and II
"I worked in a labor and delivery unit for six months, caring for many women in labor and seeing beautiful babies!"
 Exploration of Specialty Nursing Practice

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Lauren Munoz Tremblay, B.S.

MEDICAL STUDENT

Lauren has a bachelor's degree with a dual-major in psychology and biology. Now, she's a student at Burrell College of Osteopathic Medicine at New Mexico State University.

In medical school, Lauren expects to spend 45 hours each week at in-class lectures and another 40 hours studying. She looks forward to volunteering and joining a campus surgical club. "There is nothing else in the world I'd rather be doing right now."

KEEP GOING

"I had to continually ask myself, 'Why are you doing this?' And come back with a good answer, so I could stay motivated," said Lauren, who struggled with course work, housing instability and other people's perceptions while in college.

"Pay attention to what you want. Think about the bigger picture and what you can see yourself doing for the rest of your life. Don't stop pushing until you're there."

FUTURE PLANS

She is interested in medical genetics, internal medicine, surgery and clinical research with an emphasis on minority healthcare and health literacy. "Once I get more exposure to every field, I'll make my decision."

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"I felt a strong desire to continue to learn, coupled with a sense of responsibility to my family, other Mexican-American women and foster youth."

Medical Student / Future Doctor

Moved to New Mexico to study at Burrell College of Osteopathic Medicine.

Worked as a clinical research coordinator in the genetics division at Casey Eye Institute at OHSU, 2016-17.

Graduated from PSU in March 2016.

"I learned so much about patient care, all because a doctor was willing to let me follow him and ask questions."

Shadowed doctors at hospitals and clinics.



"I think finding a meaningful job in college is what made the difference for me."

Worked as a Certified Nursing Assistant, science tutor and in a research laboratory.

Learned to struggle with STEM subjects - book closed - instead of studying the material passively.

"Once I learned how to study, I thought, 'Oh, I could learn anything now.'"

"I had no money and no permanent housing. I decided to enroll anyway, and I didn't quit, even when the situation felt hopeless."

Enrolled at Portland State University.

Graduated from Glencoe High School in Hillsboro with a diploma and a Certificate of Advanced Mastery in the Health Sciences.

STARTED HERE

Spent her childhood in foster care.



Lauren Munoz Tremblay
 Medical Student/Future Doctor
 Portland State University graduate

Bachelor of Science in Psychology and Biology

WHAT LAUREN STUDIED

Lauren went straight to PSU after high school because she didn't want to lose her scholarships and grants. She struggled with her science classes at first, then discovered LSAMP (Louis Stokes Alliance for Minority Participation which helped with Science, Technology, Engineering and Math.) This program gave her access to tutoring, paid research opportunities and a network of support.

"This was the single best decision I made in college. I would suggest that you do your best to reach out to groups on campus that want to help you succeed."



Here's a snapshot of the college path that led Lauren to medical school:

PREVIOUSLY TAKEN

- College Math 1 (Pre-Calculus)
- College Math II (Trigonometry)
- Writing Research Papers
- College Writing
- Philosophy
- College Success
"So helpful! It taught me how to prioritize and how to study."
- Psychology as a Social Science
- Psychology as a Natural Science

YEAR ONE

- FALL**
 - Pre-Med Biology I + lab
 - Pre-Med Inorganic Chemistry I + Lab
 - Chemistry Workshop 1
"Here is where I learned that working practice problems every day will change your academic life for the better."
- WINTER**
 - Pre-Med Biology II + lab
 - Pre-Med Inorganic Chemistry II + lab
 - Chemistry Workshop II
 - Statistics & Probability I
 - Human Development
- SPRING**
 - Pre-Med Biology III + lab
 - Pre-Med Inorganic Chemistry III + lab

YEAR TWO

- FALL**
 - Organic Chemistry I + lab
"Despite intimidating hype, it just takes time and honest effort."
 - Organic Chemistry Workshop I
 - Research Methods in Psychology
 - Popular Culture
- WINTER**
 - Organic Chemistry II + lab
 - Organic Chemistry Workshop II
 - Intro to Psychopathology
 - American Studies
- SPRING**
 - Organic Chemistry III
 - Natural Science
 - Intro to Genetics (Pre-med)

YEAR THREE

- FALL**
 - Organic Chemistry I (again!)
"I was relieved to learn that almost everyone I know has had to retake a difficult STEM course."
 - United States & Canada
 - Principles of Behavior Analysis
- WINTER**
 - Organic Chemistry II
 - Nanotechnology
 - Literature: Dickinson, Whitman and Smith
 - Original Research & Academic Writing
- SPRING**
 - Organic Chemistry III
 - Biochemistry
 - Psychology of Men & Masculinity
"It taught me empathy - invaluable in medicine and in life."
 - Developing Research & Academic Writing

YEAR FOUR

- FALL**
 - Mesoamerican Pre-history
 - General Physics I
 - Physics Lab I
 - Industrial Psychology
- WINTER**
 - General Physics II
 - Physics Lab II
"Hands down the most challenging lab course I have ever taken. Circuits are not for me, and that's OK!"
 - Molecular Biology
"I poured over a lot of PowerPoint slides and made myself a lot of online notecards, using iFlipr."
- SPRING**
 - Physics III
 - Physics Lab III
 - Microbiology
"It's sort of a like a 'bugs and drugs' course."
 - Natural History

YEAR FIVE

- FALL**
 - Microbiology Techniques
 - Evolutionary Medicine
"This class pondered the idea of why humans get sick in the first place, and encouraged open discussion."
- WINTER**
 - Pathogenic Bacteriology
 - Evolution
 - Human Genetics
"I highly suggest this course if you're interested in understanding disease inheritance. It helped me a great deal with clinical research."

ONTRACKOHSU!

Sandra Vielma

FUTURE PHARMACIST

Sandra has a bachelor's degree in nutrition sciences from Oregon State University (OSU). Currently pursuing a doctor of pharmacy degree at OSU's College of Pharmacy, she plans to become a pharmacist in a hospital intensive care unit.

The pharmacy program includes coursework on how medicine works, medicinal chemistry and strategies for treating specific diseases. Students complete a series of six-week rotations in eight diverse pharmacy settings. Sandra's experience included elective rotations in general pediatrics and trauma surgery.

DECIDING ON A CAREER

Sandra wasn't sure whether she wanted to become a physician assistant or a pharmacist, but she knew she wanted to work in a hospital. She started working at OHSU's plastic surgery clinic while also volunteering at a free clinic with a pharmacy. This gave her up-close insight into both career paths.

"Try everything that interests you. It's easier to figure out what you really don't like once you've tried it."

FUTURE PLANS

She plans to do one year of general pharmacy residency, followed by a year of residency focused on a specialty. Sandra wants to become a critical care pharmacist, but that could change after she completes her rotations. "Right now, I'm doing an emergency medicine rotation and I love it!"

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"I love pharmacy... I love that it's lifelong learning and always changing. The field of pharmacy is never stagnant."

Future Pharmacist

Started at OSU College of Pharmacy in 2016.

Will graduate as a doctor of pharmacy in 2020.

Became a volunteer clerk and pharmacy technician at a free clinic.

"Volunteering alongside pharmacists who had worked in a variety of settings helped broaden my interest in a pharmacy career."

Worked as a patient access specialist in the Division of Plastic and Reconstructive Surgery for Oregon Health & Science University.



Graduated from OSU with a bachelor of science degree in nutrition sciences in 2013.

"I'm an Oregon resident so going to OSU was much more affordable, which took some of the pressure off me to work extra by avoiding taking on extra loans."

Transferred to Oregon State University.

Studied at Pacific University.

Named valedictorian at Nyssa High School in Malheur County.

Took college courses while in high school.

"Keeping busy was a way to help me figure out what I wanted to do with my life."

**STARTED
HERE**

Raised in a small Eastern Oregon town.



Sandra Vielma
 Future Pharmacist
 Oregon State University/OSU College of Pharmacy

**Bachelor of Science in Nutrition Sciences/
 Doctor of Pharmacy**

WHAT SANDRA STUDIED

Sandra struggled to find the right balance between work and academics. Working 50 hours a week between two jobs made it more difficult to attend class and complete her science course work. She wondered if she'd chosen the wrong career path.

Sandra found the University Exploratory Studies Program. She tried out other majors – education, writing and women's studies – that helped her realize a science degree was the right choice for her. "I saw the same advisor every time. That consistency was really helpful."



Here's a snapshot of the college path that led Sandra to pharmacy school:

YEAR ONE

(Pacific University)

FALL

General Chemistry I*

"I had to retake the entire first sequence of chemistry due to a transcript transfer issue, so this ended up being an easy repeat."

Literature & Human Concerns

Yoga

Humanities: Origins, Identity & Meaning

Introduction to Psychology

SPRING

General Chemistry II*

Calculus I*

Concert Choir

General Biology I*

"This was my first time in a semester system and that was an interesting experience."

YEAR TWO

(OSU)

FALL

Organic Chemistry 334*

Lifetime Fitness for Health

Integral Calculus*

Step Aerobics

Gender and Science

WINTER

"I enrolled in the University Exploratory Studies Program, which was fantastic in helping me to find a major I was interested in."

Public Speaking

Intro to Fiction

History of Western Civilization

Social Problems and Issues

Multicultural Issues in Education

Women in the Movies

SPRING

Intro to Ethnic Studies

Statistics*

English Composition

YEAR THREE

(OSU)

FALL

General Biology*

Organic Chemistry*

AIDS and STIs

Orientation to Food/Nutrition

"I liked the science behind it. It made me realize how much I enjoyed science."

General Psychology I

WINTER

General Biology*

Organic Chemistry*

Human Nutrition

Applications in Human Nutrition

General Psychology II

SPRING

General Biology*

Organic Chemistry Lab*

Issues in Nutrition & Health

Principles of Nutrient Metabolism

YEAR FOUR

(OSU)

FALL

Cell and Molecular Biology

OSU Glee Choir

"I joined choir with my best friend from high school – my favorite class that year."

Nutrition through the Life Cycle

Anatomy & Physiology plus Lab*

WINTER

Biochemistry*

General Microbiology*

Intro to Statistical Methods

Anatomy & Physiology plus Lab*

SPRING

Biochemistry*

General Microbiology*

Principles of Nutrient Metabolism

Anatomy & Physiology plus Lab*

"This class – on cardiology – was hard. I ended up not happy with my grade and opted to retake."

YEAR FIVE

(OSU)

FALL

Grad School Prep

Human Nutrition Science

General Physics*

Quantitative Analysis Chemistry

WINTER

Sociocultural Dimensions

Human Nutrition Science II

Human Nutrition Lab

"We had to get blood drawn and look at basic metabolic panels. I really enjoyed it."

General Physics*

SPRING

General Biology*

Exercise Physiology

Communications in Dietetics

Anatomy & Physiology*

SUMMER

Genetics

Research

Terminology of Health Sciences

Human Lifespan Development

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* Denotes a pharmacy prerequisite course.