

Form Summary

Name	Daril Howard
Email	darilhoward03@gmail.com
Phone	301-310-7658
Birth date	11/28/2003
Age	18
Please Check All that Apply:	African American/Black
High School:	Reservoir High School
High School Mailing Address:	11550 Scaggsville Rd, Fulton, MD 20759
High School Guidance Counselor:	Mr. Brian Drnec
High School Contact Phone #	410-888-8860
GPA:	4.42
Class Rank:	
Graduation Date:	6/2021
College Name:	Spelman College
Intended Major/Field of Study:	Health Science (Pre-Medicine track)
Church Name/Pastor (if member):	St. John Baptist Church/ Dr. Rev. Robert Turner
Community Service and/or Extra Curricular Activities (if any):	<p>Community Service/ Volunteer: M.A.P.S. handwritten cards/ letters of encouragement to terminally ill children, Utopia Atlanta Toiletry Drive Collection, Utopia Atlanta handwritten cards/ letters of encouragement for newly diagnosed breast cancer patients, Scrub the Ground AUC Car Wash, Business Clothing Drive, Fall 2021/ Spring 2022 Health Careers Program Meet and Greet, Paying for Medical School Workshop, Spelman College Honors University Park Clean-Up Event, Bonner Office of Community Service at Morehouse Freshman Class Council Neighborhood Clean-Up</p> <p>Extra Curricular Activities: AWM Math Club, Minority Association of Pre-Medical Students (M.A.P.S.), Utopia Atlanta, Spelman College Health Careers Program, Spelman College-Vanderbilt University School of Medicine Pipeline Program</p>

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Honors and Awards (if any):	Dean's List, National Society of Leadership and Success, Spelman Pre-Health Summer Program (PHSP) Applied Calculus Student Award, Spelman Pre-Health Summer Program (PHSP) Completion, Ethel Waddell Githii Honors Program
Please list below the names and amounts of any grants or scholarships you have been awarded for the coming school year: Name of Award: Amount: Granted/Pending:	N/A
Please share your educational and career goals/aspirations and how you plan to move toward greatness:	<p>My name is Daril Howard and I am a second-year health science major minoring in psychology on the Pre-Medicine track at Spelman College. My interest in the healthcare industry stems from my journey through personal challenges such as asthma, scoliosis, hernia surgery, and dental reconstruction. During those setbacks, recovering with the best care available was inspiring and my passion became shaped around helping those who experience similar struggles. My future goals are focused on exploring the complexity of health conditions along with providing solutions for patient treatment.</p> <p>The discipline of being completely responsible for my health became a new practice for me as I developed an understanding of what healthy living entails. These methods included self-monitoring, proper rest, and diligently following an overall regimen to stay healthy. During my appointments, I constantly witnessed the dedication, critical thinking, and high level of expertise of the doctoral team in developing a plan for my treatment. The caring and selfless attributes of every healthcare worker I've encountered made me feel comforted and supported in that I could make it through any particular moment. I now see my own experiences as a way of contributing to others' healing by becoming a practitioner.</p> <p>My desire to be an African-American woman in the medical field is based on my belief that health practitioners should be representative of all populations. In the medical field especially, the black community has often gone underserved due to a history of discrimination and inadequate healthcare. Recent discussions of abortion rights and maternal mortalities highlight the racial disparities and inequities that impact diverse groups in addition to minorities experiencing a lower standard of care and distrust towards the healthcare system. Specifically, these issues threaten black women over three times more than their white counterparts as black women suffer higher rates of pregnancy-related complications. Additionally, these problems later go on to impact the physical, mental and emotional health of black women in society. To properly address these issues, a window to the profession of medicine must be created to reduce the severity of these issues and the populations that they subsequently affect. The pursuit of a medical career would not only allow me to provide high-quality health care but also serve as a representation of what other young black women can achieve. Following my matriculation from Spelman College, I plan to attend Vanderbilt University School of Medicine and pursue my professional goal of becoming a physician. Through exposure to different aspects of healthcare, I will be sure to expand upon my knowledge while participating in this field. Doing so will allow me</p>

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to reflect upon my curiosities around health and medicine to then connect them with clinical experiences in the future. I truly look forward to examining diverse perspectives in healthcare and building upon previous experiences. Specifically, I hope to leave my community with the same impact that it has had on me-- by supporting patients with the proper healthcare solutions that they deserve.

The learning experience that has come with my journey as a Pre-Medicine student has not only opened my eyes to how the discipline of science is engaged at Spelman College but also how beneficial great instruction can be. My first-year experience has proved to me that I must work diligently to be successful in this field as the commitment to continual growth is necessary to meet society's complex challenges in healthcare. To this point, I have never waned in my dedication as I have maintained a 3.7-grade point average in my undergraduate studies and active membership within multiple societies and organizations such as the Minority Association of Pre-Medical Students (M.A.P.S), Spelman College Pre-Health Program Cohort, and the Spelman College-Vanderbilt University School of Medicine Pipeline Program. Overall, my experience has contributed to my discovery and journey of my identity to "make a choice to change the world" as a woman of Spelman College. I am confident that I will contribute to the great Spelman legacy while reaching my goals in the medical field and using my setbacks to inspire my future, along with the future of others. The memory and experiences of my younger self will always influence the health professional that I become.