

## Part 1

*Name an experience that you have had (professional, volunteer, academic) that has helped shape why you want to pursue healthcare.*

*Use sentences, a mind-map, bullet points, keywords, etc. to describe/brainstorm this experience. How did this experience impact you and how did you respond?*

## Part 2A - Workshopping this experience

*Discuss your experience from Part 1 with a partner. When discussing your partner's experience, please feel free to use the prompts below to help them think deeper about how this experience was meaningful to them. When discussing your experience, continue to add to your notes from Part 1.*

- How did (or didn't) this experience help you understand yourself or understand others?
- Did it help you understand different areas of the community you like to engage with?
- Did it challenge you to learn something new or go out of your comfort zone?
- How did this experience make you feel? Why did it make you feel this way?
- What stood about this experience over others that you've had?

## Part 2B

*Using your partner's feedback, create a topic/thesis sentence that you could use to build a paragraph around this prompt:*

*Name an experience that you have had (professional, volunteer, academic) that has helped shape why you want to pursue healthcare.*