

For several years, I was unsure about what I wanted to do in the healthcare field. I once viewed that uncertainty as a weakness, but now I recognize it as one of my greatest strengths. My openness to explore different areas of healthcare has allowed me to gain a wide range of experiences that have all led me toward one clear passion: health policy and advocacy.

I am seeking this internship because I want to see firsthand how policy is created and implemented at the legislative level. Having worked in both clinical and research settings, I have seen how policy decisions shape the realities of patients, providers, and researchers. This internship would allow me to connect those experiences to the policymaking process itself, helping me understand how evidence, compassion, and advocacy intersect to create meaningful change.

Throughout college, I have worked to understand healthcare from multiple perspectives. In research, I began at the ground level, learning data collection and analysis through my work on the MU MATH study. Later, I managed a small research project and assisted with studies in the Department of Family and Consumer Medicine. Currently, I am helping to develop new studies and contribute to publication writing for the University of Missouri Center for Health Policy. These experiences taught me how to communicate complex information clearly, think critically about evidence, and collaborate across disciplines. These are skills that I feel transfer into legislative work well.

Beyond research, I have gained experience in leadership and advocacy through student government and my role as a pharmacy technician. As an academic senator in the Missouri Student Association, I represented University of Missouri students, overseeing budgeting and policy decisions that affected the student body. Working in healthcare, I have seen the human side of policy and how insurance coverage, regulations, and systemic gaps affect patients. This combination of analytical and interpersonal experience has strengthened my ability to listen, problem-solve, and advocate effectively for patients and students alike.

One of my most formative experiences was studying health policy and public health in Melbourne, Australia. Seeing how policies once considered unrealistic in the United States have been successfully implemented abroad showed me the power of bold, evidence-based policymaking. It deepened my commitment to pursuing a career that bridges healthcare and policy to improve access, efficiency, and equity. It also strengthened my drive to take a comparative approach to health policy, adapting successful strategies from other nations to the unique context of the United States.

I believe this internship will be a pivotal step in that journey. It will allow me to apply my knowledge, learn from experienced policymakers, and contribute meaningfully to improving the lives of Missourians. Furthermore, working in Missouri's diverse policy landscape will help me learn to collaborate with those holding differing viewpoints and find common ground between current rhetoric and the need for systemic change. I am also applying for master's programs in health policy in Washington, D.C. and see this opportunity as a stepping stone toward national policymaking and advocacy. Ultimately, I hope to use this experience to continue advancing policies that strengthen the healthcare system and improve lives.