

From a young age, I have always been interested in the complexities of the human body and the enormous influence that medical experts had on people's lives. I remember watching my grandma battle with chronic obstructive pulmonary disease (COPD), each breath a struggle, every step a strain. It was evident that her quality of life was significantly diminished as she remained dependent on an oxygen machine throughout the day. It hurt me to see her in that condition, and I wanted to do everything I could to help her feel better. Seeing the kindness and competence of her healthcare providers lit a fire in me to seek a career that would allow me to directly improve the lives of people, especially my grandma. That motivation led me to respiratory therapy, where I can make an instant, real impact in a patient's capacity to breathe—a basic human need that many of us take for granted.

My journey toward respiratory therapy was shaped by both my academic path and personal experiences. During my studies at the University of Central Florida, I developed a strong foundation in health sciences, delving into subjects such as human physiology, epidemiology of chronic diseases, pathophysiology, and patient care. Beyond the textbooks, my coursework expanded my understanding of healthcare ethics, public health policies, and the crucial intersection of healthcare and social justice. These studies reinforced my dedication to patient advocacy and the importance of equitable, compassionate care.

However, my schooling did not define my path. Working as a waitress during my studies taught me about resilience, adaptation, and the value of collaboration and hard work. Balancing school, multiple jobs, and personal duties improved my time management skills and helped me stay dedicated to my goals in the face of obstacles. These experiences have honed my work ethic and reinforced my ability to remain calm under pressure—a crucial trait for a respiratory therapist working in high-risk situations.

What draws me most to respiratory therapy is its hands-on, fast-paced nature and the opportunity to work with patients in diverse settings. I envision myself assisting premature infants as they take their first breaths, stabilizing trauma patients in emergency rooms, and providing ongoing care for individuals battling chronic respiratory diseases. In every interaction, I strive to be a source of comfort—a safe space, a calming presence, and a reassuring support for

my patients during their most vulnerable moments. The ability to develop strong patient-provider relationships and offer immediate relief to those struggling to breathe motivates me daily.

Beyond my academic and professional journey, I am committed to lifelong learning and continuous professional growth. The area of respiratory care is always expanding with new technology and treatment techniques, and I am excited to be on the front edge of these breakthroughs. I intend to seek more certifications and specialized training to broaden my knowledge and give the best possible treatment to my future patients.

With the chance to enter this field, I am eager to devote myself entirely to improving the lives of individuals who rely on respiratory care. My enthusiasm, knowledge, and determination have equipped me to face the difficulties and benefits of my job. I'm excited to use my abilities to help patients breathe better, advocate for their well-being, and leave a lasting impact—one breath at a time.