

Student starts Careers in Health club and works with professor at NSU's College of Osteopathic Medicine

By Danae Jarrett

With a true intellectual curiosity about medicine and a strong desire to help others, NSU University School Junior, Polina Udalova, started what some would call a dynamic, enterprising network for future medical students, on the NSU University School campus.



As the founder of the very first Careers in Health Club, Polina has collaborated with Professor Kristi Messer of NSU's College of Osteopathic Medicine to help students who are interested in the medical field gain more exposure to internships and professional learning opportunities. Through meet and greets, guest lectures, and training from current NSU medical students and faculty, Polina hopes to ease the transitional path for USchool students who desire a future career in health. As the club develops, Polina is hoping students can take field trips to the Health Professions Division simulation lab and work with intubations, explore cadavers, and more.

Over the summer, NSU University School encouraged Polina to participate in a NSU Medical program called AIM High, which stands for "Achieve in Medicine."

During AIM, Polina met Professor Messer and began early conversations about the Careers in Health club. Polina also worked with Professor Messer in facilitating the Red Cross Club, where students participate in a disaster relief program, learn about hurricane

preparation, and earn CPR certification through the local Fire Department.

Furthermore, the mentorship with Professor Messer has created an avenue for Polina to network with other professors and has opened doors for potential internship and research opportunities.

Health and medicine are not the only environments where

Polina's kindness, intellect, and leadership shine. She is currently the New2U President, which has allowed her to ensure that new families and students feel welcome. Polina has a special, heartfelt connection to international families since just four and a half years ago, she came to NSU University School as Russian student who did not speak any English.

"It was an initial challenge to adjust to the language barrier, however, I was paired with a New2U buddy who spoke Russian and introduced me to a network of individuals who helped tremendously in my transition," said Polina.

Overall, Polina has had an incredible experience as a student at NSU University School. She has taken advantage of many learning opportunities on campus and looks forward to continuing to grow, develop, and excel with her peers.