

COMMUNITY FOCUS

Samuel Alvarado



Meet Samuel Alvarado

HPA Project Assistant

I am originally from Santa Ana, California but moved to Enid, Oklahoma when I was in elementary school. I grew up in Enid and then went off to Stillwater, OK to complete my undergraduate degrees at OSU. I am currently a graduate student at OSU Center for Health Sciences and when I am not working or doing schoolwork, I enjoy playing and watching soccer, as well writing and working on podcasts.

What does working in the healthcare field mean to you

Being an employee of OU-TU SCM means that I can contribute to the student resources and K-12 health career exposure that I would have greatly benefitted from growing up.

What was a challenge you faced? How did you overcome it?

Being a first generation college student from an underrepresented group and from a rural area was difficult. I consistently felt that I was always one step behind my peers and did not have the resources or knowledge in high school to understand higher education and all that it entailed. Over time, I found the support and confidence with the help of mentors that saw my potential and encouraged me to get more involved and take advantage of opportunities offered at my university.

What advice would you give to your younger-self?

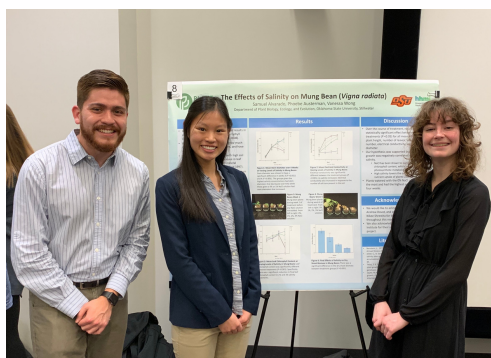
I would tell myself to not be afraid to ask for help and explore my interests. I spend a lot of time in high school very intimidated by the idea of college and found myself really struggling to understand the ins and outs of higher education. I would encourage myself to be more outspoken when it comes to asking for help and to not hold back when pursuing educational opportunities.

What would you tell younger students who are exploring health careers?

To not be discouraged when asking questions and asking for help. It's ok to not fully know exactly what you want to do in regards to health careers, and don't jump into a field because you know you are smart or because it is lucrative. Take your time, try to shadow or interview as many career paths as you can, and refuse to compare your journey to others.



Working with rats on a pilot experiment at OSUCHS



Winning best group poster presentation award at OSU Plant Biology Symposium 2019



With SCM Summer Internship mentor, Nile McCullough, MS3, in 2019