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Independent Study and Mentorship  
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The Official Start of Something New

The year has come to an end, the search for the mentor has finally come to an end and the work for the research showcase has been in motion. This first semester has helped me realize my areas of interest and the important steps I need to take in ISM itself to drive me interests. The research showcase for all ISM students is in few weeks which will allow us to show fellow classmates, family and friends what all we have accomplished in the first semester of ISM. I want to use this opportunity to share my passion and gain confidence with what I have accomplished in ISM for this year.

A few week ago, I had to submit my original work proposal which summarized my plan for ISM. I wanted to create a prescription that included an equal amount of integrative medicine along with an equal amount of conventional medication to local clinics in Frisco. Even though this would promote integrative medicine throughout my community, but this steered away from the idea of public health. I wanted to incorporate the idea of public health within my ISM project. This allowed to formulate a different original work which incorporates the idea of reaching public health officers of the local area and promoting holistic medicine. This has truly motivated me to reach out to my community and raise awareness to people of our age in this society. Over the break I was able to meet up with my mentor and discuss how this idea can be reached out to public health professionals. I was able exchange emails with researchers in UT Southwestern regarding integrative medicine and how we can incorporate it into conventional medication and make it widespread to where it can be approved by the FDA. I would really like to put this plan into action as it comes closer to my interest in the area of public health.

This coming week, I would like to focus on my research showcase board and want to start on my general presentation. I have not started on my mentor visits, but I will start communicating with public health professionals around the area. I would like to start making appointments with professionals and start on the public awareness aspect for the Frisco society. These next few weeks will purely dedicated to setting up for the research showcase and creating the first of what will be my presentation.