

Raquel Ibarra ('16)

Education

World Learning SIT: IHP Health and

Community Globalization Culture and Care, Spring 2015

Sites: Washington, DC, USA; Delhi, India; Capetown, South Africa; São Paulo, Brazil.

Wesleyan University, Middletown, CT, Class of 2016

Bachelor of Arts Candidate; Major: Science in Society Program with concentration in anthropology and chemistry.

UIC College Prep, Chicago, IL, June, 2012 Gpa: 3.9/4.0

UIC Early Outreach Program, 2007-2012

Selected to participate in and took additional math, reading, and science classes with an emphasis in the medical field and science.

Honors And Awards

- McNair Scholar, 2014
- Salutatorian, UIC College Prep.
- QuestBridge Scholar, 2012
- "Student of the Semester" award in Algebra I, Algebra II, Physics, and English in UIC College Prep.
- Recipient of Right Angle Summer of a Lifetime scholar program, University of Arizona in Tucson, Summer 2010.
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Experience

Research Intern, Weitzman Institute, Middletown CT Summer 2014-Present

- Conducted literature search and wrote a literature review on Pain Care Outcomes
- Conducted chart reviews on all patients presented at Project ECHO Pain session in 2013.
- Created a database of chart review information collected and assisted in data management and data analysis of it.
- Prepared and presented poster of research experience at Weitzman Institute for the McNair Summer Symposium.

Work Study, Community Health Center, Middletown, CT Fall 2013-Present

- Entered recalls for patients in ECW.
- Provided administrative support in the IT department.
- Worked with Exel and Word.

*AmeriCorp Member, McDonough Elementary School;
Middletown, CT*

Fall 2012, 2013

- Assisted first grade teachers with student group work four times a week.
- Provided administrative support to three first grade teachers.
- Led students during reading time and successfully motivate student who need

extra help in learning.

Individual Tutor, Wesleyan University; Middletown, CT Fall 2012- Present

- Tutored two elementary students in first and fourth grade with homework.
- Taught math and reading skills to students in individual sessions three to four times a week.
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Volunteer, VA Medical Center; Chicago IL Summers 2010-2012

- Assisted nurses in the triage take vitals and escort patients to specific areas of the hospital.
- Distributed, repaired, and organized hearing aids and other devices in audiology department.
- Assisted ER nurses conduct electrocardiogram test (EKG), took vitals, filed medical notes, and processed paper work

Babysitter, Self Employed; Chicago, IL

- Acquired skills in caring for children ages 0-13years.
- Supervised, cooked lunch, feed, changed diapers, and bathed children from ages 0-10years.

Activities/Campus Involvement

- Wesleyan Christian Fellowship, leader: Fall 2012-Present
- Student Council for class of 2016, Wesleyan University: Fall 2012-Fall 2013
- Dance groups: Mabuhay, Traditional Tinkling, MCM Praise Dance: Spring 2013-Present
- Student government, Senior Leadership Committee, and Prom Committee, UIC College Prep: Fall 2011-Spring 2012

Skills

- Proficient in Word, Excel, PowerPoint, InDesign, Internet research, Facebook, Twitter, and LinkedIn.
- Fluent in Spanish.

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Program Proposal

1. Provide a brief overview of the organization for which you will intern or program/project you are developing.

Primeros Pasos is a program that provides access to health care and education to the rural community of Palajunoj Valley of Quetzaltenango, Guatemala. Guatemala has almost 50% of children suffering from chronic malnutrition, high mother and infant mortality rates. These numbers can be traced to social determinants factors like lack of clean sanitation facilities, lack of education, etc. Primeros Pasos bridges the people of Palajunoj Valley to the resources needed to live a healthy life.

Primeros Pasos brings support to the underserved communities through its mission. Primeros Pasos' mission is to improve the quality of life of the rural communities of the Palajunoj Valley of Quetzaltenango, Guatemala, through integrated health education projects and access to medical services. This organization provides education and medical services to the families that would not have received them any other way.

2. Briefly provide details of the internship or experience, including responsibilities and tasks.

I will contribute to the mission of Primeros Pasos by being a health educator. As a health educator, I would be conducting health workshops in Spanish that will teach children about nutrition, hygiene, puberty sexual education, children's rights, self esteem and more. I will be provided with a curriculum and will need to answer the student's questions. The workshops need to be an hour long and age appropriate Furthermore, I will be teaching for a minimum of eight hours a week and will have options to be involved in other activities/events like Spanish classes, health events, festivals, etc.

Prior to the start of the workshops, I will have training and exposure to the organization and the town of Palajunoj Valley of Quetzaltenango. I will be placed in a host family and have the option to spend time in various Spanish schools around the area. I definitely plan on spending a lot of time to get to know the area and people of Palajunoj Valley of Quetzaltenango.

3. How have you communicated with the employer and determined mutual interest?

I have communicated with Jamie de Guzmán Pet, the development director and volunteer coordinator of Primeros Pasos. I have exchanged emails and received answers to my questions and am currently in the process of the application and interviews process. I have showed my interest and understood what is required of me. However, since I am currently abroad and have limited Internet access at times (since I am a part of a comparative study abroad program and have to travel frequently), this process has been slow. However, Jamie has been very helpful and has let me know that there is lots of demand for volunteers.

4. How will this experience enhance or broaden your career goals?

I have always gravitated toward public health. My high school, UIC College Prep, helped me to discover and nourish my interest in public health by introducing me to health sciences and exposing me to health related careers. Furthermore, I have discovered the importance of health education within public health through the SIT: IHP Health and communities study abroad program, where I was able to see the benefits of various NGO's educational and health services within various rural and urban communities. This education and exposure has made me realize the necessity of education in life. Being the first in my family to go to college has personally made me understand the importance of education and has given me the passion for education. Through these various opportunities, I have been able to discover and define my passion: public health and education. Consequently, as a Science in Society major, I am able to connect and further nourish my many interests through interdisciplinary studies.

I have always wanted to endeavor in something that can bridge together my interests but also challenge me as a person. Primeros Pasos has the opportunity for me to be a health educator, which gives me both public health and education experiences I am looking for. Primeros Pasos will help me get a first hand experience and in-depth understanding about public health and what it means. This opportunity will enhance my Wesleyan education and experiences by providing me with real-world application opportunities and the network and support needed to further understand and apply public health and education. Additionally, this opportunity will help me grow as a person by giving me the skills needed to represent, comprehend, and teach health and what it means to live a healthy life. Lastly, this opportunity will not only allow me to enhance my skills and career goals but will also allow me to give back to a community.

I have seen the effects of the lack of nutrition and health education in communities through the SIT: IHP health and communities abroad program. Through this program I have also understood the value of NGOs that provide access to health and education, and I know that Primeros Pasos is an organization that provides resources while empowering the people of the Palajunoj Valley of Quetzalenango in Guatemala. Having the opportunity to help Primeros Pasos with its mission will help me understand the work, structure, and dedication needed for an organization like Primeros Pasos to be efficient and successful.

Primeros Pasos will help me expand my horizon by allowing me to experience the real world while still pursuing and nurturing my interests and giving back to a community.