

As a fairly recent immigrant in the United States, I have found my adjustment to be extremely difficult because of the many challenges and barriers I had to overcome. It was difficult for me to adapt in my new environment because English is my third language, and I had not finished high school before moving to the United States. To catch up on my English, I participated in the ESL program in an adult school and earned my high school diploma within 6 months of being in the United States. Furthermore, my parents rely on me because of language barriers. Therefore, being a caregiver and interpreter for my parents came out of necessity after moving to the United States. Until today, I still find it difficult to maintain a balance in being an immigrant and student in the United States, but between school, volunteer work, and family, I have overcome many barriers and adapted to living here. Nevertheless, it is good opportunity to be more independent, challenge myself, and to be successful in the United States.

Because of my personal interest, I started researching how to improve their health status. There is overwhelming information online that was at my disposal, but I do not have enough nutritional knowledge to identify which information is accurate and reliable. Meanwhile, my mum believes some misleading nutrition information and tried to convince her to not believe what is labeled. For this reason, I chose clinical nutrition as my major.

After transferring to UC Davis, I discovered that I am really interested in nutrition not only because of my parents and professors. After taking nutrition classes, I really enjoyed analyzing and provide the appropriate nutrition education and counseling to patients even though it is complicated to provide a ADIME note, motivation interview, and nutritional counseling to patients based on their culture, background, and religious.

My research interests focus on nutritional and botanical supplements, especially how omega-3 could be beneficial to reduce the risk of inflammation and CVD and how

vitamin B5 can improve depression. It is because I am currently taking both these supplements to improve mental status and reduce throat inflammation. My positive mental health and occurrence of throat inflammation has improved. Through personal use of supplements, I found that whole food high in beneficial nutrients is also important. Hence, I am interested in how the supplements could improve/enhance health status.

After taking clinical nutrition classes, I learned that food and drug interactions, dietary culture, and financial support are main components of maintaining health. I then realized that human nutrition and pharmacological nutrition are the areas of specializations that I am interested in. Moreover, there are too many misleading nutrition information on the internet, and my parents cannot analyze which one is accurate. Furthermore, people have different dietary habits based on different religious, and cultural background. When I worked the case studies in EHRgo, which is a simulator learning platform, I learned a lot of different culture and dietary background and then provided resources and recommendation to improve health status. In addition, it challenges my critical thinking skills-by holistically examining a patient. I really enjoyed the process that involve planning PES statement, setting smart goal, and data analysis to translate to the research environment. It encourages me to pursue advance nutrition academy and enhance my critical and logical thinking so that it is beneficial to prepare for MS nutrition program at California Polytechnic State University. Therefore, being a RDN is my short-term goal, and being specialist on human nutrition and pharmacological nutrition is my long-term goal.

Moreover, during my volunteer work at Kaiser Permanente, they provided a training for all volunteers in massage therapy for patients. My supervisor trained me what the process is in the hospitals, precaution before doing massage, how to communicate with nurses by using walkie-talkies, and learned what patients' privilege are. It increases my clinical realization, awareness, and knowledge that is related to my interest in the medical field. After this valuable program, I have learned

communication is the main components to prevent misunderstanding and misconceptions between me, patients, and nurses. Moreover, if I don't know what the questions and instructions are, I must make sure that I have already figured out the questions and solutions. It is much better than without asking until it causes some severe problems.

After transferring to UC Davis, I have been participating in the Aggie Compress "Fruits & Veggies Up" which focus on students who are low-income and suffer from food insecurity. I learned a lot of different types of seasonal fruits and vegetables and what the best cooking method to cook produces in order to preserve nutrients after cooking. It encourages me to discover and create new recipes that less pricey and rich in nutrient to contribute back to our community based on my nutrition knowledge.

In addition, Good Food Garden (GFG) provides another good opportunity in nutrition education. It enhances my critical thinking, logical thinking, time management, research skill, and leadership. During the GFG, we create activities and newsletter for participates to increase their fundamental nutrition knowledge. We simplify some complicated nutrition concept so that the participants can easily understand the concept. Based on this social experience that how it relates to nutrition, I would like to further enhance and exercise the communication skills and knowledge I learned from these classes. Therefore, I look forward to pursuing a graduate degree to consolidate and enhance nutrition knowledge and then effectively and efficiently contribute back to our community.